

**Ganmodoki**

Ingredients

- 2 lb firm tofu, crumbled
- 1 lb Edamame, thawed
- 1 oz hijiki, soaked and drained
- 1 c shredded carrot
- 8½ oz shiitake mushrooms, chopped
- ½ c green onion, chopped
- 1 Tbsp sesame oil
- 2 tsp sea salt



Procedure

Crumble tofu, soak and slice shiitakes, soak and drain hijiki, thaw edamame. Puree tofu until smooth. Combine with other ingredients, mix thoroughly, and form into 8 ounce patties. Place patties on a sesame oiled sheet pan and bake for approximately 20 minutes at 350, then turn over and bake the other side for approximately fifteen minutes more.

Makes approximately 8-10 patties.

