

1st Place Winner: Tally's Walnut-Silken Tofu Vinaigrette

Chef Robert Sanda, Tally's, Beaverdale

Dressing Ingredients:

1 minced shallot
1tbsp roasted garlic
1 12oz block soft silken tofu
½ cup walnut oil
½ cup soybean oil
1 cup crumbled toasted walnuts
2 egg yolks
1 cup red wine vinegar
1/3 cup raw sugar
1 Tbsp whole pink peppercorns
1 Tbsp chopped fresh sage
2 Tbsp Kosher salt



Crumble ½ block (6oz) soft silken tofu to about the size of peas. Heat ½ cup soybean oil over medium-high heat to approximately 350-400 degrees in a nonstick frying pan. Add crumbled tofu and sautee until browned and crisp. Stir occasionally. Remove tofu and reserve the oil. Mix reserved oil, soybean oil and walnut oil together.

Combine remaining ½ block of tofu, shallot, roasted garlic, ¾ cup walnuts, egg yolks, red wine vinegar, sugar, pink peppercorns, chopped sage and Kosher salt into food processor, blender or container (if using a burr mixer). Puree for 30 seconds then slowly incorporate oil mixture.

Add sautéed tofu, remaining crumbled walnuts to emulsified dressing.

2nd Place Winner: Tofu, Miso, Soy Salad Dressing

Chef Michael Kelley, Great Caterers of Iowa, Des Moines

Dressing Ingredients:

1-12oz block soft silken Tofu
3 Tbs. apple butter
1 Tbs. garlic paste
4 Tbs. maple syrup
4 Tbs. honey
2 Tbs. soy sauce
4 Tbs. miso
3 Tsp. white pepper
2 cups soybean oil



Place all ingredients except soybean oil into bowl. Using immersion blender while streaming in soybean oil, blend for 2 minutes. If immersion blender is unavailable, a regular blender can be used, using the same directions.

3rd Place Winner/People's Choice Winner:
Summer Beef Broccoli Salad with Miso Blue Cheese Vinaigrette

Chef Eric McDowell, Prairie Meadows, Altoona

Vinaigrette Ingredients:

3 oz. Tofu (Silken)
1 clove Garlic (fresh)
½ lb. Blue Cheese (Danish)
½ tsp. Lemongrass (paste)
½ tsp. Ginger (paste)
2 tbsp. White Miso Paste
1 tbsp. Ponzu
½ tsp. Chili Oil
1 cup Rice Vinegar (aged)
1 cup Canola Salad Oil
2 tbsp. Soy Sauce Tamori

Process:

In a blender, puree all ingredients until smooth. Slowly incorporate the oil and continue to process until emulsified.

Beef Tenderloin:

4 oz. Beef Tenderloin
1 tsp. Chopped Garlic
½ tsp. Chopped Ginger
1 tbsp. Soy Sauce
1 tbsp. Canola Oil
1 tsp. Montreal Steak Seasoning

Process:

Combine all ingredients and let marinate 4 to 24 hours. Place steaks on grill and cook to desired temperature. Let cool to room temperature and slice. Save marinade for broccoli.

Broccoli:

4 oz. Broccoli (cut into florets)
Reserved Marinade from Beef Tenderloin

Process:

Mix Beef Marinade & Broccoli together and marinate for 3 to 5 minutes. Char broccoli on grill and return to room temperature.

Other components:

Caramelized Shallots:

Caramelize the shallots with salt and pepper. Just before removing them from the heat add juice and zest from 2 lemons. Let rest at room temperature.

Marinated Tomatoes:

Slice small tomatoes (grape) in half and toss with lemon juice, Cajun spices, 1 tsp. of soy sauce and 1 tsp. of lemon oil. Let rest at room temperature.

Toasted Cashews:

In a pan melt some butter and add 2 oz. of cashews. Season with salt and pepper. Deglaze with rice vinegar and lemon juice. Let rest at room temperature.

Greens:

I like to use Romaine hearts (thinly julienned) because of the crispness and moisture content.

Assembly:

Place greens however you like and then slice beef tenderloin into small, bite size strips. Place beef; however you like, on top of the greens then whimsically spread shallots. Add a few pieces of broccoli and sprinkle with toasted cashews. Finally, drizzle the Miso-Blue Cheese Vinaigrette over the dish and garnish with the marinated tomatoes.

Bon Appétit!

4th Place Winner: Asian Pineapple Tofu Dressing

Chef Brian Pomerenk, Iowa Machine Shed, Urbandale

Dressing Ingredients:

2 – 12 oz. blocks Soft Silken Tofu
6 oz. pineapple, chopped
2 cloves garlic, chopped
4 teaspoons honey
½ teaspoon Red Pepper Chili Flakes
1 cup Rice Vinegar
1/3 cup cilantro, leaves only
2 teaspoons Light Soy Sauce
¼ cup green onions, chopped
½ lime, squeezed
1 teaspoon Kosher salt
2 teaspoons roasted sesame seeds

Method of Preparation

Drain Tofu completely and pat dry with paper towel. Using a food processor, add pineapple, garlic, honey, pepper flakes, rice vinegar, cilantro, soy sauce, green onions, roasted sesame seeds, salt and fresh lime. Blend for 4 to 5 minutes in processor and place in 2 quart container. Use immediately or refrigerate.

Goes great with fresh vegetables, mixed salad greens and is very lean and high in protein.