## 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

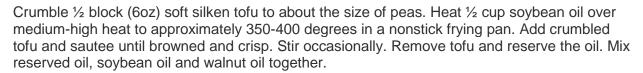
1 cup red wine vinegar

1/3 cup raw sugar

1 Tbsp whole pink peppercorns

1 Tbsp chopped fresh sage

2 Tbsp Kosher salt



Combine remaining ½ block of tofu, shallot, roasted garlic, ¾ cup walnuts, egg yolks, red wine vinegar, sugar, pink peppercorns, chopped safe 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.





# <u>3rd Place Winner/People's Choice Winner:</u> 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, clinatro, 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.