

1st Place: Sesame Ginger Tofu Dressing

Chef Tag Grandgeorge, Le Jardin, Des Moines

Dressing Ingredients:

1 ½ cups soybean oil
1 cup salad oil, canola
¼ cup rice wine vinegar
½ cup white vinegar
¾ cup sugar
1 tablespoon ground ginger
1 tablespoon ground mustard
1 tablespoon onion powder
1 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon salt
1 teaspoon black pepper
6 ounces Mori-Nu Soft Silken Tofu, drained well



Salad Ingredients:

Kale, candied walnuts, roasted sweet potatoes, bacon

Directions for Dressing:

In a small bowl, combine the canola and soybean oils. Set aside. In a mixing bowl, combine the vinegars. Add sugar and whisk occasionally until completely dissolved (10-15 minutes). Add remaining dry ingredients and tofu to mixing bowl containing vinegar/sugar combination. While blending, slowly add oil mixture to emulsify. Serve immediately over kale salad garnished with candied walnuts, roasted sweet potatoes and bacon. This dressing will store in refrigeration for up to 10 days. Dressing will separate, shake well before use.

Yield:

4 cups (16 – 2 ounce servings)

Use the dressing to taste for a variety of salad combinations!

2nd Place: Lemon Poppy Seed Dressing

Chef Lisa LaValle, Trellis, Des Moines

Dressing Ingredients:

4-12 ounce packages Mori-Nu Soft Silken Tofu
1 cup heavy mayonnaise
½ cup Dijon mustard
½ cup brown sugar
½ cup lemon juice (bottled)
Zest and juice of 1 lemon
1 teaspoon salt
1 teaspoon pepper
½ cup soybean oil
¼ cup poppy seeds (add last)



Directions for Dressing:

Combine first 8 ingredients in a medium mixing bowl. Blend to puree with a hand wand or in a blender. Blend until smooth. While hand whisking, slowly add soybean oil and poppy seeds. Serve immediately over a Mann's Arcadian Harvest salad blend or greens of your choice.

Yield: Approximately 8 cups.

3rd Place: Spicy Toasted Sesame Tofu Dressing

Chef Patti Weidner, Hy-Vee, Des Moines

Dressing Ingredients:

1-12 ounce package Mori-Nu Soft Silken Tofu
½ cup rice vinegar
2 cloves of peeled minced garlic
1/3 cup coarsely chopped fresh cilantro
¼ cup thinly sliced green onion including tops
2 tablespoons honey
1 teaspoon ponzu
1 teaspoon Kombucha (fermented tea blend)
1 teaspoon soybean oil
1 teaspoons Asian (toasted) sesame oil
2 teaspoons low sodium soy sauce
1 teaspoon hot chili flakes

Directions for Dressing:

Drain tofu for 5 minutes. In a blender or food processor combine all ingredients and blend until smooth. Serve immediately over shredded cabbage salad.

Yield: 2 ½ - 3 cups

This creamy dressing tastes as smooth and rich as one made with mayonnaise, but is far leaner and higher in protein. Serve it as a dip for raw vegetables or as a salad dressing

4th Place: Asian Inspired Tofu Vinaigrette

Chef Jacob Carnes, Goldfinch, Des Moines

Dressing Ingredients:

1-12 ounce package Mori-Nu Soft Silken Tofu
1 tablespoon minced ginger
1 shallot diced
1/3 cup white balsamic vinegar
1/3 cup Soy sauce
2 ounces fresh tarragon
1/4 teaspoon black pepper
2 tablespoon sugar
1 Orange zested
1 Orange juiced
3 cups 90/10 blended canola oil

Salad Ingredients:

Baby arugula
Beets bull blood (a micro green)
Micro rainbow green
Shallots
Heirloom tomatoes

Directions for Dressing:

In a 3 quarts container, add all ingredients except the oil. Mix with an immersion blender. Slowly add in the oil and blend until smooth. Set aside. In a large salad bowl, toss all salad ingredients together. Serve dressing immediately over baby arugula salad.

Yield:

4 cups