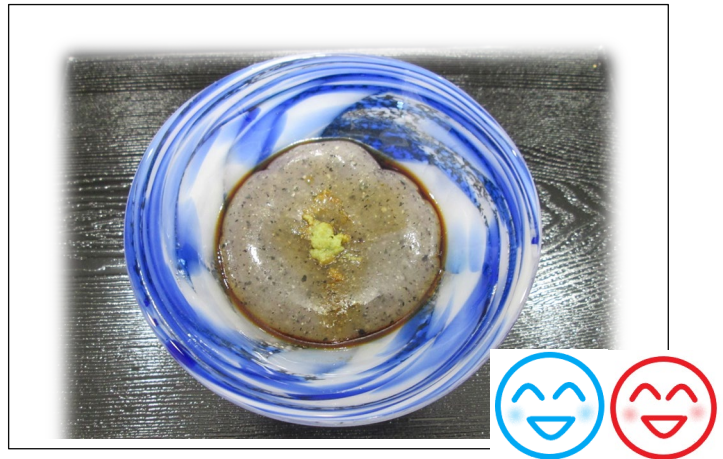


Goma-Tofu (Sesame Curds)

Ingredients (serves 2)

Potato starch	20 g
Water	180 g
Toasted black sesame seeds (ground)	4 g
Oil	20 g
Koikuchi (dark) soy sauce	4 g
Wasabi paste	1 g



Nutrient Analysis per Serving

Calories	137 Cal
Protein	0.6 g
Potassium	21 mg
Phosphorus	19 mg
Sodium	118 mg (Sodium chloride equivalent 0.3g)

Directions

1. Line a small, teacup-sized bowl with plastic wrap.
2. In a pot, mix potato starch and water until smooth.
3. Add sesame. Put the pot on medium heat and keep stirring the mixture with a heat-resistant spatula.
4. Turn off the heat when the mixture becomes thick and translucent. Add the oil and mix together.
5. Turn on the heat again and stir on low heat until it turns into a transparent and wobbly clump.
6. Put step 5 into the bowl from step 1 and wrap the mixture with the plastic wrap. Close it with a rubber band and cool in ice water.
7. Remove the plastic wrap and place on a serving dish. Put the soy sauce on the tofu and garnish with wasabi.

Points

- This sesame tofu recipe makes a perfect side dish because it's not sweet like many other high-energy supplementary foods.
- This recipe reduces protein intake more than the sesame tofu products on the market that use sesame paste. This allows patients who are not severely restricted from eating protein to use more sesame.

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