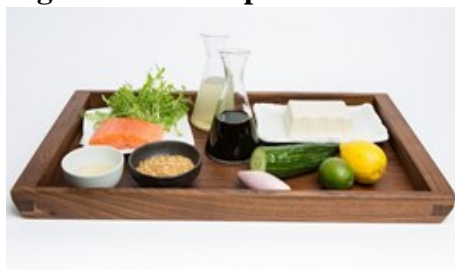


Silken tofu - a recipe from Tohru Nakamura



Khorasan wheat, also known as Kamut®, is one of the oldest grain types cultivated by human beings. It belongs to the same family as modern-day durum wheat, but produces a more frugal harvest – although it is more resilient and grows more easily.

Ingredients for 4 portions:



1 pack of silken tofu

200 g salmon fillet (very fresh fish!)

1 cucumber

Olive oil

Salt, pepper

1 Lemon (untreated) – for some zest

100g Kamut (alternatively wheat)

200 – 300g stock (vegetable stock)

½ small shallot

100ml soya ponzu sauce
40g rice vinegar
1 lime (untreated)
50 ml olive oil
Some garden cress (decoration)

Preparation (c. 1 hour):



Lightly toast the Kamut in a small pan on a medium heat without any oil. Then add c. 200g of stock, bring to the boil and then add a pinch of salt and cook until tender (c. 45 mins) on a low heat. If necessary, add more stock so that the Kamut is always covered. When cooked, drain off the water and leave to cool. Carefully remove the tofu and cut lengthways into four equal slices.



Remove any skin from the salmon and chop into small cubes. Peel the cucumber and cut a third of it, along with the shallot, into cubes which are the same size as the salmon. Mix the salmon, cucumber and shallot with some olive oil and season to taste with salt, pepper and lemon zest. Place the mix in the refridgerator.



Mix the soya ponzu together with rice vinegar, lime juice and zest and the olive oil into a vinaigrette. Using a potato peeler, slice the other two thirds of the cucumber lengthways into slices and ensure that slices are of equal length.



Then marinate it with some of the ponzu vinaigrette. Marinate the lukewarm Kamut with the ponzu vinaigrette for some time, too.

To serve:



Place a slice of tofu in the centre of the plate, then serve the salmon tartare on top, followed by the lukewarm marinated Kamut on top of the tartare.

Roll the marinated cucumber slices into loops and serve on top of the Kamut. Finally, add some garden cress as a garnish.