

Tofu Soup with Salmon Head

Ingredients

- 1 Salmon Head
- 7 oz Firm Tofu (cubed)
- 1 Tomato (cut into chunks)
- 2 Baby Bok Choy
- 1 T Vegetable Oil
- 0 ds Salt
- 2 Green Onions (chopped)
- 2 Ginger (1-inch piece, sliced)
- 1 T Rice Wine
- 3 clv Garlic (smashed)
- 5 c Water

Instructions

1. Cut the salmon head into small pieces and then marinate with rice wine, 1-inch piece ginger sliced, and dash of salt. Let sit for 20 minutes.
2. In a Dutch oven add oil and heat on medium high. Once hot add the marinated salmon head and fry. Once pieces are lightly browned remove from pot.
3. Add the green onion, 1-inch piece ginger sliced, and garlic into the pot and sautÃ© until fragrant. Add the fish head back in, 5 cups water, tofu and tomato, and season with salt. Bring pot to a boil and then turn the heat down and simmer for 30 minutes.
4. Add the bok choy and turn the heat back to medium cook for 5 more minutes. Season with salt to taste and enjoy immediately.