

- [Cynthia] Hello, we're live.

- Hello.

- [Cynthia] Hello Amber.

- Welcome.

- [Cynthia] I'm just
gonna fix this real quick,

cause there's a little bit of a glare.

- Gotta get it right.

Hey guys.

Welcome to another
episode of Cook With Us,

where we show you how to make

some delicious local
favorites, but plant-based.

I'm Amber from the community outreach team

here at Down to Earth.

We got Cynthia behind the camera,

ready to answer your questions.

So let them roll in the chat.

(both laughing)

And today, oh, my gosh,

we're making something really cool.

I honestly, I say that every time,

but this is cool.

- [Cynthia] Super cool.

I really think it's super cool.

- So we're making miso butterfish,

but we're using everything but the fish.

(both laughing)

(mimics drum rolling)

- [Cynthia] Start it off
with a good old dad joke.

(both laughing)

- But yes, in all seriousness,
we're making something so great today.

And this is what it looks like.

So, this is a spoiler alert.

- [Cynthia] Yeah, for
those of you who are early.

- In case you don't believe.

Yes.

- [Cynthia] Nice.

- [Amber] This is, so
we're making two versions.

We're making one with
eggplant and one with tofu

for people who don't like eggplants.

- [Cynthia] I'm assuming the left one
on the screen is eggplant.

- [Amber] Yeah, this one's
eggplant, and this is tofu.

- [Cynthia] Nice.

- [Amber] But doesn't it look
just like a piece of fish?

- [Cynthia] It really does.

- A little concerning,
a little crazy maybe.

- [Cynthia] I've actually worked

at a couple of Japanese
and Okinawan restaurants,

and misoyaki butterfish is definitely
always very popular, so.

- Everyone loves it.

I think it's because it's
so tender, so flavorful.

And the reason why is because
you have to marinate this

for like a week.

- [Cynthia] Wow.

(both laughing)

- But, the good news is if
you're using the eggplant,

you don't have to
marinate it for that long.

But now I'm giving away too many spoilers.

So I'm gonna just start
off with the marinade.

Okay.

So the first thing we're gonna use is,

this is a mixture of
mirin and rice vinegar.

- [Cynthia] Okay.

- So, the original recipe,
which came from Kyoto actually,

is literally just mirin,
sake, and miso paste.

That's it.

And the fish, of course.

So if you take away the fish,

it's already pretty much plant-based.

So just change the vessel,
and boom, you got it.

So, and of course we don't sell sake,

so I just swapped it out for rice vinegar.

So, we're gonna add that to our pot

that's been heating up a little bit.

And then of course, you know,
we gotta hit 'em with the miso.

This is white miso we're using today.

And actually here's the,
this is what it looks like.

We're using mellow white miso.

If you can find, this brand
also has Kyoto white miso.

You should get that one
because it's more authentic.

This is Cold Mountain.

- [Cynthia] Cold Mountain.

- Yes.

- [Cynthia] Oh, Hawaiian style mild miso.

- Perfect--

- [Cynthia] Shout out, Hawaii.

(both laughing)

- So I'm gonna add my miso in here.

It's quite a lot, it's six tablespoons.

But this is gonna be a big marinade.

So we're gonna just break it
down a little bit in here.

- [Cynthia] And I'm assuming
that someone will ask this,

but do you have to use the white miso,
or is there any other miso?

Is it preferred to use the white miso?

- So the white miso is just
in the original recipe.

If you wanna be super authentic.

but if you're not digging the white miso,

you could use yellow,
red, whatever you want.

- [Cynthia] Okay.

- The difference really
is in the amount of rice

in the miso.

So like the white one has the
most concentration of rice

in the fermentation process.

We got yellow next in line.

And then red, I believe they use barley

or some other grains in there.

So, you know, you got options.

- [Cynthia] Right.

And we also, for people
who are soy sensitive,

we do have the chickpea miso as well.

- [Amber] Ooh, I didn't even know that.

- [Cynthia] Yeah, it's in
our refrigerated section.

You can shop that at downtoearth.com/shop.

- [Amber] Ooh, good little segue there.

- [Cynthia] Mm hmm.

- [Amber] Okay, so now we got our miso

pretty much broken down.

I'm gonna add in just a
little bit of maple syrup.

So I really want that caramelization.

So that's why I add the
maple syrup in there.

And then we got, of course,
our good old coconut aminos.

This is like a substitute for shoyu,

but it is very, very much
lower in sodium than shoyu.

- [Cynthia] Nice.

- So it'll give you that salty flavor
without the, you know, damaging effects
of too much salt, right?

Okay, and then one more
thing I'm gonna add in here,

that is the dulse, dulse?

I don't know how to
pronounce this actually.

Dulse, dules?

- [Cynthia] I say granules.

Yeah, that's it.

I'm not sure.

Let us know if we're pronouncing
it wrong in the comments.

- [Amber] Yeah, you tell me.

But this is basically what's
gonna make it taste real fishy.

Cause this is basically seaweed.

- [Cynthia] Yeah.

- [Amber] So kind of looks
like fish food almost.

(both laughing)

- [Amber] Don't be discouraged.

It's gonna taste good, I promise.

So I'm gonna let this heat up,

and let all the members of his
party get to know each other.

- [Cynthia] Get acquainted.

- [Amber] They're not social

distancing and that is okay.

(both laughing)

Okay.

- [Cynthia] And then,
I'm sorry, did you say

what heat you have this over?

- [Amber] It's on four
out of 10 right now.

- [Cynthia] Okay.

- [Amber] I don't want
this to, you know, burn.

- [Cynthia] Not super, I
mean, like right below medium.

- [Amber] Yes, yes.

- [Cynthia] Okay, okay, okay, okay.

- Medium, medium.

(both laughing)

- [Cynthia] Medium, medium.

- So I'm gonna cover this to let it kinda

do its thing over here.

And while that's working,

I'm actually gonna cut our eggplant.

- [Cynthia] Yay.

- So, we wanna have, you know,

I think you could get
probably, let me think,

one, two,

probably like six or
eight slices out of here.

So this is really good to
feed your family, you know.

You just cut a little,
maybe one or two eggplants

and you're good to go.

Okay.

So cut the top, and cut the bottom.

Ooh.

- [Cynthia] Does it matter
what kind of eggplants we use?

- No, not at all.

Any eggplant would work.

You could also use
zucchini, I think for this.

But in this case, with the zucchini,

I would marinate that one a little longer
than the eggplant.

- [Cynthia] Mm hmm.

- Okay, so we're going to
cut it right down the middle.

- [Cynthia] Okay.

- Okay.

And, you see, it already
kind of looks like fish.

- [Cynthia] Yes.

- Oh, you know what I forgot?

I forgot to cut this skin off.

So I'm just gonna,

I'm gonna just do one side to save time.

- [Cynthia] Okay.

- If there's any questions,
please let us know.

- [Cynthia] I already have a question.

Why are we cutting the skin off?

- Oh, it's a little tough.

And just aesthetically,
I'm not really into it.

(Cynthia laughs)

That is a chef's choice.

But you can leave it on if you like it.

It's up to you.

Oops.

And you could also use a vegetable peeler,

but the ones, I tried to do this earlier,

an ours were a little
bit too, what's the word?

- [Cynthia] Dull?

- Dull, thank you.

- [Cynthia] Yeah.

- Okay, so...

- [Cynthia] So, how far in
advance can we prepare this dish?

- Ooh, that's a great question.

Well, it does need to
marinate for a while,

so I would prepare it in advance.

I would recommend to.

But I'm not sure if you really,

I mean, I guess you
could make the marinade

and keep it in the fridge.

I've never done it, so you
can experiment with that.

- [Cynthia] Yeah.

- Okay, just about done here.

- [Cynthia] Nice.

- And...

- [Cynthia] Just a reminder

that you can get the recipe there.

- [Amber] Yes.

- [Cynthia] Down to Earth,
or d2e.co/butterfish.

Or you can just go to our
website, downtoearth.org

and search butterfish.

- Butterfish.

Okay, so I'm gonna cut this.

- [Cynthia] Okay.

- Into skinnier pieces.

- [Cynthia] Okay.

So these are like slabs.

- Mm hmm.

In the recipe I call them steaks,

but I think I'll change it to fillets.

- [Cynthia] Fillets cause it's fish.

- There we go.

And then we're just gonna
cut it down the center.

So now we have these really
fishy looking pieces.

And I'm gonna just grab this.

These guys can head on over
to trash town over here.

Compost town.

- [Cynthia] Compost town, stalk town.

- Yes.

Okay, so these are gonna
go in our nice, flat,

you can use a baking container like this,

or Tupperware.

- [Cynthia] Okay.

- Which I've used also.

But I'm gonna prepare the
tofu part of this too.

- [Cynthia] Okay.

- For those of you who wanna use tofu,

just drain and press any super firm,

firmest tofu you can find.

And then, you know, cut
it in a similar shape.

I like to poke some holes in here

so that the marinade can
get really deep in there.

Cause you know, this is super firm tofu

so that we can have that fish texture.

But you know, it also
needs something to go into.

- [Cynthia] I see.

And then, because the eggplant
is already sort of porous,

you don't need to poke it.

- Yeah.

You could, if you want you to, but see.

- [Cynthia] Just a couple of little--

- We got a holey tofu.

- [Cynthia] Holey tofu.

- Okay, so we're just
gonna place that in here.

And now our marinade should be done.

Ooh, look at that bubbling action.

- [Cynthia] Oh, my gosh,

It smells amazing in here.

The miso, the dulce.

Just smells like Japanese restaurant.

- [Amber] There you go.

We can't go to a Japanese restaurant,
so you can bring it to your house.

Okay.

A couple of lumps are okay.

Don't worry about those.

- [Cynthia] Okay.

- All right, now I'm just
gonna pour this in here.

- [Cynthia] Oh, so you pour
a hot marinade over that.

- [Amber] Yes.

- [Cynthia] Okay, okay.

- And this, and of course,
you're gonna let this cool

a little bit on your counter

before you put it in the fridge.

Cause, you know, food safety and all that.

But just now you're going to make sure

that it's coated nicely.

Might go a little double here
with my spoon option here.

Make sure it's nice and--

- [Cynthia] If you have
a bigger container,

that would be good.

This one is--

- [Amber] Yeah.

- [Cynthia] This one's a little slim.

- [Amber] Yes.

But we will

- [Cynthia] Make it work

- [Amber] make it work.

- [Cynthia] That's the
thing too that I appreciate

is when a lot of times people
give you exact dimensions,

and you're like, "Oh, gosh,
I just don't have that."

- [Amber] Yes.

- [Cynthia] Nine by 12,
I have an eight by eight.

Can we make it work?

- [Amber] And the answer is yes, you can.

- [Cynthia] You can make it work.

- [Amber] Always.

Okay, so just imagine that
this is very nicely coated.

- [Cynthia] Okay.

- [Amber] Use your imagination today.

And actually, I'll show you
what I have already going on.

- [Cynthia] Okay.

So that is,

I'm assuming you are about to tell us

how long to marinate that for.

- Yes.

So for the tofu, at least a week.

- [Cynthia] Okay.

- I know it's, I know.

Have patience.

But the eggplant...

Oops.

The eggplant is gonna be probably
no more than, like, overnight.

Because it gets very
soft, and then you will,

it's just gonna be mush.

- [Cynthia] I see, I see.

- So, yeah.

Learn from my mistakes,
cause I definitely.

(both laughing)

- [Cynthia] So that was day one,

and then a week later for a tofu,

or a day later for eggplant.

- [Amber] Yes.

- [Cynthia] And if you're like me,

and not a fan of eggplant,

you'll take the hit and
be patient for the tofu.

- Yes.

Honestly, it's way better marinated.

But this is what it looks like.

So I have my pan heating up over here.

- [Cynthia] And, of
course, she marinated this

at different times,

but they're just combined for today.

- Yeah, yeah.

- [Cynthia] She didn't
marinate them together.

- Yes.

I wish, then I would have so much more.

So, oh yeah, and when I'm
marinating tofu stuff,

I kinda, you know, you kind of
have to baby it a little bit.

You, like, treat it nicely like a baby.

And you come in,

and you have it in your
airtight container, right?

And you just flip it over once every day.

And just, you, know, "Hey tofu.

Do your thing.

You're doing great, sweetie."

All right.

So I have my pan heating up here.

Traditionally, you would
put this in an oven.

Which you totally could.

Bake it at 400 for about
five to seven minutes.

It doesn't take that long.

But I like the caramelization of the,
not brown sugar, maple syrup on here.

So, I'm gonna, that's
why I like to fry it up

instead of bake it.

Okay, so we're just gonna
grab this and place it on.

Not too much of a sizzle
yet, but it will get there.

Try to drain some of this
off, but not too much.

Cause, you know, you want it to be on there.

- [Cynthia] You want that marinade on there.

- [Amber] Yeah, but not so much

that it's like pooling up around, you know?

Cause then you're gonna have to deal

with scraping it off, and that's just no fun.

Okay, so while these go, does anyone have any questions?

I'm gonna put this at about six.

Let it kind of--

- [Cynthia] No questions from our audience.

They're probably just eagerly waiting for the end results.

- [Amber] Have some ASMR.

(both laughing)

- [Cynthia] Waiting for that sizzle.

Okay, I can hear the sizzle now.

- Nice.

Okay, so while that's going,

I'll tell you about another crucial ingredient in this dish.

And that is our nori flakes, nori sheets.

So you can get these, there's a bunch of different flavors.

This one happens to be teriyaki.

I didn't know I was buying the teriyaki one,

just was grabbing it, cause I was excited.

I would have probably

preferred a lightly salted,

but this'll probably be good too.

It's got a little hint
of sweetness in there.

But you could also get those big sheets

that are usually made for sushi.

- [Cynthia] Yeah.

- If you, like, for this one,

I'm gonna have to put
probably two of these sheets,

cause it's a little too long to fit.

So if you see, I actually have it on here.

This is what the end
looks like, spoiler alert.

So this is actually two pieces.

And if I wanted to, I
could have just put more.

- [Cynthia] Okay.

Oh, we have two questions.

- Okay, go ahead.

- [Cynthia] Perfect timing.

- [Amber] Yes.

- [Cynthia] Cause these
guys are just heating up.

Patrick asks, oh he came in a little late,

so he's, how long did we
marinate the tofu again?

- For the tofu, at least a week.

- [Cynthia] A week.

- If you can handle it, you can do it.

- [Cynthia] You know, make
sure it just marinate a lot

so that you make it

really worth your while.

- Yeah.

- [Cynthia] And then Cindy says,

"Can you eat raw after
marinating without cooking it?"

I'm assuming you mean
after marinating the tofu

and the eggplant.

Can you eat them raw?

- I'm sure you can.

- [Cynthia] You can.

- Yeah, I don't think there's any

- The eggplant would be...

- Yeah.

- [Cynthia] Not great, probably.

(Amber laughing)

I think the tofu would be fine.

- Yeah, tofu, she's probably safe.

But the eggplant, yeah.

- [Cynthia] I think you need to warm that,
that one up.

- Yeah.

And honestly, like, look at this browning,
this caramelization.

- [Cynthia] That's what you want.

- This is, like, what
butterfish is all about, right?

All right, so I'm gonna check this.

- [Cynthia] I think too, if you wanted to

just make the miso sauce,
and use it as a dressing

for something else, you could do that.

- Absolutely.

That would be so good.

- [Cynthia] You could definitely eat that over raw tofu,

or, you know, regular out of the package tofu.

- Yes.

Okay, so in the interest of, you know, time-saving,

I'm just going to flip these.

Okay.

Not super brown, but that's okay.

Because actually we're gonna cover this side up.

(Amber laughing)

- [Cynthia] They come looking real good.

- Ooh, yes.

She's cooking.

So we're going to take our nori sheets.

- [Cynthia] Okay.

- I'm gonna take one.

And using this marinade here,

I'm gonna actually use it like, almost like glue.

We're gonna do paper mache.

Nori mache.

(both laughing)

- [Cynthia] Nice.

- Okay, so now we're gonna--

- [Cynthia] And that's why these sheets are perfect

because they're a good size.

- Yes, they're so amazing.

I'm just gonna place it on here.

- [Cynthia] Wow.

- [Amber] And you can carefully,
maybe I should use a spatula.

At home, I would just, you know, poke it.

See how it's kind of
melting to form the shape.

- [Cynthia] Yes.

- It's kind of nice.

Okay--

- [Cynthia] And it's
going to turn into that.

- [Amber] Now it's tofu's turn
to get a little costume on.

- [Cynthia] And then another
question about the heat.

- [Amber] Yes.

- [Cynthia] These are
cooking at a medium heat.

- [Amber] Medium, this
is at five out of 10.

- [Cynthia] Five out of 10.

- [Amber] And the dish itself
will be 10 out of 10 taste.

(both laughing)

Okay, oops.

- [Cynthia] Let me just use another sheet
to cover for coverage.

- [Amber] Yeah.

- [Cynthia] Maybe one more for the--

- [Amber] Yeah, she needs a little.

We don't want her to be exposed.

(both laughing)

Okay, so let's see how this,

this is basically to soften it up,

and to keep it adhered
to the tofu or eggplant.

- [Cynthia] So, like, when I've
worked at restaurants before

and they've made this
with the real butterfish,

they usually put this in a salamander,

which is basically a broil.

- [Amber] Oh, yes.

- [Cynthia] A little broil.

- [Amber] Yes.

- [Cynthia] And that's what
it gives it that toastiness.

But most people at home
do not have a salamander.

They have a low broil, which is fine,

but this is actually a lot faster.

- [Amber] You could finish this
in the broiler if you like,

or in the oven.

- [Cynthia] But it kinda doesn't really--

- [Amber] Don't really need it, yeah.

- [Cynthia] Why make one more step?

You already had to wait a
long time for the marinade.

- [Amber] Yes.

Okay, I'm turning down the heat

cause the oil is getting a little crazy.

- [Cynthia] Yeah.

- [Amber] Okay.

But yeah, that's pretty
much the dish, honestly.

- [Cynthia] Okay.

- [Amber] While this is going,

I'm gonna just cut up some green onions.

Cause we got to have the
green onion garnish, you know.

- [Cynthia] So this is only
needs a couple more minutes.

- [Amber] Yep.

- [Cynthia] But we're
gonna start wrapping it up.

So this is what it looks
like when it's finished.

- [Amber] Yes, I'm gonna just dazzle

with a little bit of the (indistinct)

- [Cynthia] It just makes
it look good, doesn't it?

You need that little bit
of freshness on there.

- [Amber] Definitely.

- [Cynthia] And it has the sauces.

I'm assuming very sweet.

You want a little bit of tang or that...

- Tang

- [Cynthia] From the onion.

- Actually, speaking of tang,
this is some lemon juice,

and lemon will make it tastes more fishy.

- [Cynthia] Oh.

- [Amber] So we're just gonna put a little bit--

- [Cynthia] Right before you serve it.

- Yes, right before you serve it.

It'll also make it look kind of shiny and nice, so.

- [Cynthia] Nice.

- [Amber] Yes.

- [Cynthia] Oh man, that looks so good.

Eggplant here, tofu here.

Do you want to give us a try and tell us how it tastes?

- Oh my gosh, yeah.

So which one should I do?

Should I do both?

- [Cynthia] Yeah.

- All right.

- [Cynthia] Do a bite of both.

While you're doing that, I'll put the recipe up again.

- Yes, and we also have a really cool offer,

which I'm very excited about.

- [Cynthia] Yeah.

Sorry, I'm tangled in my (laughs) cord.

So again, the recipe is here, d2e.co/butterfish.

Which one did you try first?

- The eggplant.

- [Cynthia] The eggplant.

- You gotta have the lemon on there, honestly.

- [Cynthia] Yeah, yeah.

- At the end.

- [Cynthia] So does it taste super eggplanty,

or is it, because you've marinated it,

does it taste different?

- Not really.

- [Cynthia] It tastes--

- Honestly.

- [Cynthia] It still tastes like an eggplant?

- No, it doesn't taste.

- [Cynthia] Oh, it doesn't taste.

- Like eggplant that much.

You might even like it

as a person who does not like eggplant.

Okay, I'm trying the tofu one.

- [Cynthia] Okay.

We did a poll in our Instagram yesterday,

and I asked people which one they thought

would probably taste better.

And most people said the tofu.

So, in your personal opinion, now that you've tried both,

which one do you like?

What is the texture like for both of them?

- The eggplant is more of a fishy texture for sure.

- [Cynthia] So what is that?

Flaky?

- It's like flaky, but soft.

Sorry, I took too big

of a bite of that tofu.

- [Cynthia] (laughs) No worries.

- Too excited.

- [Cynthia] Oh, and then another question

while you're eating that,

we'll ask her about the texture of the tofu after.

How about a vegan tartar sauce with it?

Oh yeah.

That sounds amazing.

- Yes.

- [Cynthia] Yum.

- You should definitely do that.

- [Cynthia] Yeah.

- Yeah.

- [Cynthia] Do we have a tartar sauce in the store?

I'm not sure.

- I think it's very easy to make though.

We might even have a recipe on our website.

Search tartar, yeah.

- [Cynthia] If we have a recipe, we'll link it in the,

in here.

And you also get a shopping list of all the ingredients,

so you don't have to search for everything.

- Yes, I got you.

- [Cynthia] Okay.

So you had the egg plant, and now you had the tofu,

and the, sorry, the eggplant
was soft, but flaky.

- Soft and flaky, yeah.

I definitely would not marinate
this more than overnight.

Eight hours tops.

- [Cynthia] It might start

dissolving.

- Yeah.

Because it, although it's
holding its shape very well,

it is very soft.

- [Cynthia] Yeah.

- [Amber] But the tofu is
very, like, you can see,

holds the shape very, very well.

- [Cynthia] Yes, yes.

- [Amber] As you would imagine tofu would.

- [Cynthia] Right, right, right.

So what is the texture like for the tofu?

Especially because you put
those extra holes in them.

So I'm wondering if that affected it.

- It didn't affect the texture too much,

but it is very flavorful.

So I definitely think you
should put those holes in there.

- [Cynthia] Yeah.

- But yeah, the texture is more like a,

see, I didn't really eat fish

before I was plant-based anyway.

So I'm not really sure if
this compares to a fish taste.

But it's good.

Tastes good, you know.

- [Cynthia] Is it firmer than the eggplant or?

- Definitely firmer.

- [Cynthia] Yeah.

- Okay, I'm gonna check on these.

Oh, my gosh, yes.

This is ready.

- [Cynthia] Oh yeah.

I don't know if...

It smells really good.

- [Amber] I'll pull up the other side so you could see,

but how's she looking?

- [Cynthia] Oh yes, she's nice and brown.

- [Amber] Okay.

- [Cynthia] Nice.

- And then we're going to just place it on here.

So yeah, if you were in a regular situation,

you would just brown the top a little more than I did.

And I'm gonna hit it with our lemon juice, once again.

Boom.

And then--

- [Cynthia] It's actually a very, very easy recipe.

- Honestly, yeah.

- [Cynthia] Just a little

bit of time, and that's it.

- I was kind of intimidated
when I was like,

cause we did a poll on Instagram,

and people said they wanted
to see us veganize butterfish.

I was, like, how am I gonna do that?

Like, that's crazy.

But it's actually pretty easy.

- [Cynthia] Pretty easy.

- Not too bad at all.

You can definitely do this at home.

So yes, that is the end of our recipe.

Hope you make this.

Tag us if you do.

All right.

Well thank you so much guys.

Hope you try this out.

Hope you check out our deals,
and we'll see you next time.

Tuesdays on Facebook,
Instagram on Fridays.

We'll see you later.

- [Cynthia] Bye.