

Fried Bean Curd with Chili Recipe

(Malaysian Recipe)

Ingredients: Serves 4

2 pieces soft bean curd (taufu)
90g chicken or pork, minced
2 tablespoons cooking oil
4 cloves garlic, peeled and minced
3 red chilies, seeded and minced
2 teaspoons preserved soy beans (tau cheo), minced
1 stalk leek, diagonally sliced
2 scallions, chopped

Seasonings:

½ teaspoon light soy sauce
½ teaspoon salt
¼ teaspoon sesame oil
a pinch ground white pepper

Sauce (combined):

125ml fresh chicken stock or water
1 teaspoon oyster sauce
½ teaspoon sugar
½ teaspoon sesame oil
½ teaspoon salt
½ teaspoon dark soy sauce
¼ teaspoon ground white pepper
2 teaspoons corn flour (cornstarch)

Method:

Cut each bean curd piece into 4-cm pieces. Into a mixing bowl, put meat and seasoning ingredients. Mix well and leave for 15 minutes. Heat oil in a kualu or wok. Fry garlic and chilies until fragrant. Add preserved soy beans and fry until aromatic. Then, add minced meat followed by leek and stir for 30 seconds more. Add bean curd and stir-fry for 2 minutes, breaking them gently with frying spatula. Pour in combined sauce ingredients and bring to the boil. When liquid thickens, add scallions and dish out. Serve hot with rice.

[asian_free_recipes_download][asian_free_recipes_download]