

Golden Coin Beancurd Recipe

(Kam Chin Tofu Recipe)

Ingredients: Serves 4

500g soft beancurd or tofu
2 egg whites, beaten lightly
6 waterchestnuts, peeled and chopped
3 stalks scallions, chopped
1 teaspoon corn flour
½ teaspoon salt
1 teaspoon alkaline water or karn sui
5 cups vegetable oil for deep-frying

Sauce:

40-50g cooked crab or 150g shrimps
5 dried Chinese mushrooms, soaked in tap water overnight in the fridge
50g bamboo shoots, sliced finely
300g baby mustard greens or choy sum
3 cloves garlic, peeled and chopped
5 shallots, peeled and chopped
1 to 1½ tablespoons Chinese yellow wine or hua teow jiu
2 teaspoons light soy sauce
1½ tablespoons oyster sauce
pinch of salt
1 teaspoon sugar
pinch of white pepper powder
1 teaspoon sesame oil
1 cup water or chicken soup stock
3 tablespoons vegetable oil

Method:

Mash tofu and wrap it with cotton cloth or muslin. Twist cloth to squeeze out tofu liquid. Drain further by weighing tofu down with a heavy object; leave for 1 hour. Place tofu in a bowl. Add beaten egg whites, waterchestnuts, scallions, corn flour, salt and alkaline water. Stir well to mix. Heat oil in a wok over high heat until smoking hot. Scoop up 1 tablespoon of the tofu mixture. Using another tablespoon, lightly toss the tofu mixture from one spoon to the other to form a slightly puffy "coin" shape. Ease the tofu coins into the hot oil and deep-fry over medium high heat for about 3 to 4 minutes until golden brown and crispy. Flip over the tofu coins when one side is done. Drain on kitchen paper and place on a platter. Squeeze mushrooms; cut off stalks and slice caps finely. Mix light soy sauce, oyster sauce, salt, sugar, pepper and chicken stock in a bowl. Add sesame oil last. If using young mustard greens, cut off stems slightly and leave each stalk whole. If using normal-sized mustard greens, cut into finger lengths. Heat vegetable oil in a wok over high heat. When hot, stir-fry garlic and shallots for 3 to 4 minutes until fragrant. Add bamboo shoots and mushrooms; stir-fry for 2 to 3 minutes. Add mustard greens; stir-fry for a few seconds. Add wine by dribbling it along the sides of the wok. Add mixed seasoning ingredients earlier ie. light soy sauce, oyster sauce, salt, sugar, pepper, chicken stock, sesame oil together with crab meat. Stir well and turn off heat. Pour sauce gently over the tofu coins and arrange mustard greens around the platter. Serve. If you like your sauce thicker, break an egg over simmering sauce. For tofu to absorb more flavor, add the tofu coins together with your crab meat and simmer for 3 to 4 minutes.

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