

Hakka Stuffed Bean Curd Recipe (Hakka Yeung Dau Fu Recipe)

Ingredients: Serves 6

6 oz shrimps, shelled and de-veined

For the shrimp filling:

1 tablespoon dried shrimp, soaked in hot water for 20 minutes to soften, drained, dried, and minced

½ teaspoon ginger juice mixed with 1½ teaspoons Chinese white rice wine or gin

½ teaspoon soy sauce

1 teaspoon sesame oil

2 teaspoons oyster sauce

¼ teaspoon salt

¾ teaspoon sugar

½ large egg, beaten

Pinch freshly ground white pepper

1½ tablespoons cornstarch

3 scallions, trimmed and finely chopped

24 oz (6 cakes) fresh bean curd (medium-firm tofu), drained well and thoroughly dried with paper towels

1 tablespoon tapioca flour

3 tablespoons peanut oil

2 tablespoons trimmed and sliced scallion

For the sauce:

1½ tablespoons oyster sauce

2 teaspoons double dark soy sauce, regular dark soy sauce, or mushroom soy sauce

1 teaspoon sugar

Pinch freshly ground white pepper

1½ tablespoons cornstarch

1 cup Seafood Stock

Method:

Chop the shrimp into a paste, place in a bowl, and add all the filling ingredients from dried shrimp to finely chopped scallions. Mix thoroughly to blend well and refrigerate for 2 hours. Cut each cake of bean curd diagonally and, with a pointed knife, cut out a pocket in the inside of the diagonal cross-cut section. Dust each pocket with tapioca flour, then fill with a tablespoon of the shrimp mixture. Pack smoothly with a knife or with your fingers. Pour the peanut oil into a cast-iron skillet. Heat over high heat until a wisp of white smoke appears. With the diagonal stuffed side of the bean curd down, pan-fry the cakes over medium heat for 6 minutes. Turn the bean curd cakes and fry each side for 2 minutes. Turn the heat off, remove to a plate, and place in a warm oven. To make the sauce, mix the sauce ingredients in a pot over medium heat, stirring continuously until the sauce thickens and bubbles. Turn off the heat, remove the stuffed bean curd from the oven, pour the sauce over them, sprinkle with sliced scallions, and serve.