

Soy Bean Paste Stew Recipe

Ingredients:

435 ml water
100g dried anchovies
3 tablespoons fermented soy paste
180 g firm bean curd
1 green chili, sliced and seeded
1/2 tablespoon crushed garlic
1 small courgette (zucchini), sliced
150 g potatoes, peeled and sliced
1 teaspoon chili powder
2 scallions, sliced

Method:

Bring water to the boil and add dried anchovies. Leave to boil for 20 minutes to make a stock. Use a sieve to strain the stock before pouring them into an earthen bowl or clay pot. Add fermented soy paste and stir to dissolve. Reduce heat to medium then add all remaining ingredients except chili powder and scallions. Cook for about 10 minutes then stir in chili powder. Garnish with scallions and serve hot.

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