

Tofu Simmered in Bean Paste Recipe

(Korean Recipes)

Ingredients: Serves 4

150g sirloin beef, thinly sliced
8 fresh mushrooms
1 small zucchini, sliced
1 small capsicum (optional), cut into bite-sized pieces
125g firm tofu, cubed
16 fresh small clams (125g)
1 red chili, sliced, to garnish
1 scallion, thinly sliced, to garnish

Bean Paste Stock:

3-inch square dried kelp (konbu)
2 heaped tablespoons dried whitebait
250g daikon radish (about 4 inch), sliced
8 scallions, cut into lengths
3 cloves garlic, peeled and bruised
5 pieces sliced ginger
1-2 teaspoons ground red pepper
6 cups water
3½ tablespoons chili bean paste
5 tablespoons soybean paste

Method:

Place all the ingredients for the Bean Paste Stock, except for the bean pastes, in a pot and bring to a boil for about 15 minutes. Lower the heat, add the bean pastes and simmer for 5 minutes. Strain, reserve the stock and discard the solids. Return the stock to the pot, increase the heat and add the beef, mushrooms, zucchini, capsicum and tofu and bring to almost a boil. Simmer for 5 minutes, or until the vegetables are cooked. Add the clams and simmer until they open. Garnish with the chili and scallion, and serve hot as a side dish. If serving this dish as a one-pot meal, increase the amount of mushroom, zucchini, capsicum, tofu and beef. Canned abalone and clams, and its juice, may also be added for extra flavor.

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