

the
bent
soon

CHINESE MAPO TOFU

Meredith Lee





Ingredients:

200g ground pork

400g firm tofu

1 tablespoon sherry

2 tablespoons soy sauce

1 teaspoon of minced ginger

3 cloves of garlic

- crushed & chopped

200 ml soup stock (chicken or vegetable)

2 tablespoons Dou Ban Jiang (hot bean paste)

2 tablespoons cooking oil

1½ teaspoons cornflour

+ 2 teaspoons cold water

1 teaspoon Szechuan pepper

- ground in mortar and pestle

1 teaspoon sesame oil

1 spring onion

Pinch of sugar

Chilli flakes or chilli oil to taste

Jasmine rice to accompany



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Cooking Method:

1. Make the marinade by combining the sherry, soy sauce, garlic and ginger. Mix marinade through the ground pork in a large bowl and leave covered in fridge overnight (or at least for a few hours).
2. Before you start, cook the rice so it is ready when serving.
3. Boil some water. Cut the tofu into small 2 cm cubes and place in a large bowl. Cover in boiling water to firm the tofu. Set aside.
4. Heat the oil in a wok or large pan on high heat. Add the marinated pork mixture from fridge and break up whilst cooking. Cook on high heat until browned, stirring occasionally.
5. Reduce heat, add doubanjiang paste and cook for a few more minutes.
6. Drain the tofu and add to meat in the wok. Add soup stock.
7. While bringing this to boil, mix the cornflour and cold water together. Stir this into the meat and tofu until the liquid thickens slightly.
8. Add sesame oil, pinch of sugar, Szechuan pepper, chopped spring onions and chilli oil/flakes to taste. Stir through.
9. Serve over steamed Jasmine rice and garnish with more chopped spring onion.



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