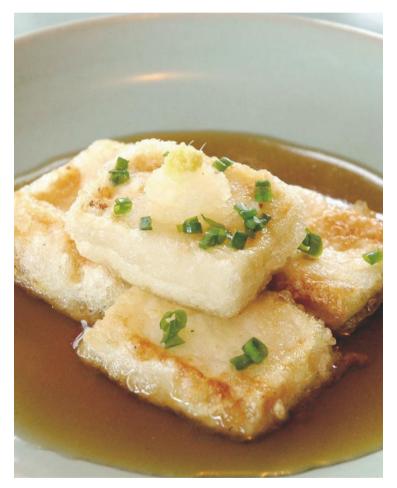


'Age-dashi Tofu (Fried Tofu)'



Tofu is a healthy and delicious Japanese food. It is best served hot.

Ingredients (Serves 2) 350g Tofu 1 piece of spring onion Pinch of ginger 50g Chinese radish Pinch of starch or flour 2 teaspoons salad oil 1/2 teaspoon *Dashi* (instant bouillon) *optional 150ml water 1 tablespoon soy sauce 1 tablespoon *Mirin* (sweet Sake) *optional

Method

- 1. Cut Tofu into 6 pieces. Drain in a colander for 5 minutes.
- 2. Slice spring onion thinly. Grate the ginger and Chinese radish.
- 3. Wipe each tofu piece dry with a paper towel. Dredge them with starch (or flour) and flap them to remove excess starch.
- 4. Regulate frying oil to 175 degrees in a pan and put Tofu pieces in individually.
- 5. Remove tofu pieces from oil when they start to get golden brown and float, in 1 or 2 minutes.
- 6. Place dashi, water, soy sauce and Mirin into another pan. After it boils, wait 30 seconds, and take it off the flame.
- 7. Place tofu pieces in serving dishes, pour the liquor over the them. Serve with the condiments.

Put lots of love in when you cook and enjoy your delicious *Age-dashi Tofu*.

Asian groceries are available at Lion Oriental Foods Co. and Loi's Eastern Supermart (Refer to P23).