

麻婆豆腐 (Ma Po Tofu)



Promoting Asian language learning, mobility and collaboration through cooking and technology!

Ma Po Tofu is a popular Chinese dish from Sichuan province. It consists of tofu set in a spicy chili- and bean-based sauce, typically a thin, oily, and bright red suspension, and often cooked with douchi (fermented black beans) and minced meat, usually pork or beef. Variations exist with other ingredients such as water chestnuts, onions, other vegetables.

There is a four-word Chinese saying for cooking Mapo tofu: 'numbing, spicy, hot, and integrated'.

Ingredients

500g fresh tofu, 150g minced (scalped) beef, 50g green onions, 120g cooking oil, 5.5g salt, 20 ml *Mapo tofu* sauce (soy sauce), chili powder (to taste), 20g Pixian bean paste, 250g double-boiled soup (made from bone with ginger and pepper), 40g starch and water (the starchy sauce), (2g chicken powder)

Directions

1. Heat up a wok with the prepared vegetable oil to around 80 °C.
2. Fry the chopped beef in the wok till it becomes light brown, and then add the salt, Mapo tofu sauce, chili powder and Pixian bean paste. Keep frying.
3. Add the double-boiled soup and diced tofu, and use a moderate heat to cook till tasty.

4. Add the garlic sprouts and soy sauce, cook for a few seconds and thicken with the starchy sauce. (Add chicken powder if you like.)
5. Serve in a shallow bowl, topped with chili powder and chopped spring green onions.

