

Black bean tofu 'mein' Free Recipe 31032025

Description

Recipe Black bean tofu 'mein'

Banzai Japan MV

atermark https://www.youtube.com/watch?v=k_vQsyC_F1AShopping List

Fruit and vegetables

1 bird's-eye chilli, seeds removed, finely chopped (optional)

1 medium red chilli, seeds removed, finely chopped

1 red chilli, thinly sliced

5 garlic cloves, finely chopped

1 tbsp peeled and freshly grated ginger

2 green peppers, cut into 15mm pieces

4 spring onions, thinly sliced

Tins, packets and jars

pinch dried chilli flakes

1 pack Dao Shiow Mein (knife-cut noodles) or other wide noodles

Cooking ingredients

120g/4½oz cornflour

2 tbsp cornflour

1 tbsp yellow bean paste (or miso)

300ml/10fl oz rapeseed oil, for frying

1 tbsp rapeseed oil

2 pinches sea salt

1 tbsp dark soy sauce

1 tbsp light soy sauce

1-2 tbsp soy sauce

350ml/12fl oz vegetable stock

efault watermark 2 pinches ground white pepper

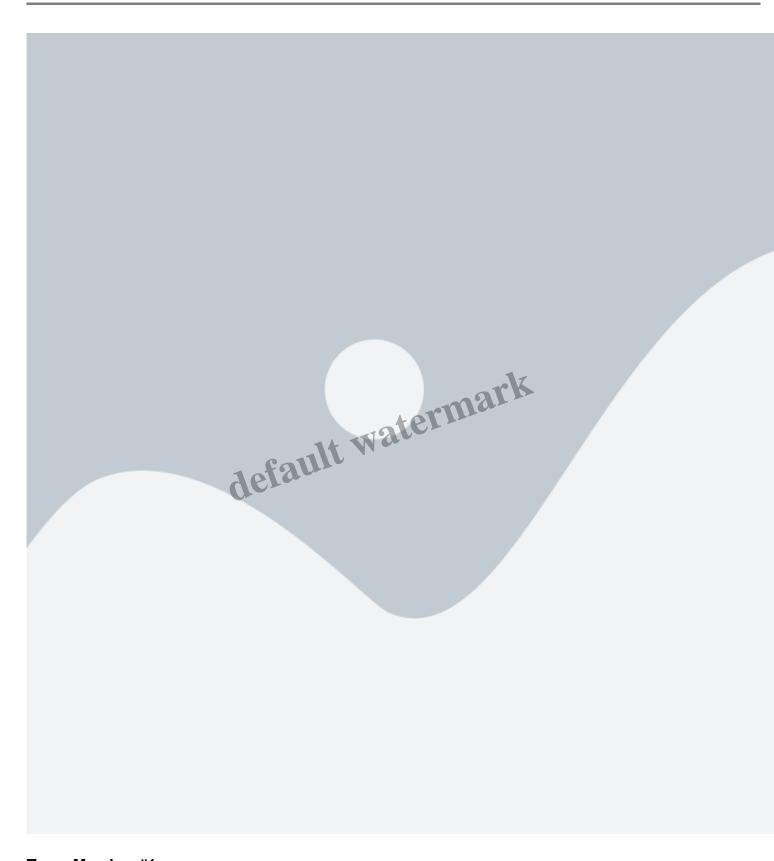
Dairy, eggs and chilled

400g/14oz firm tofu, drained, patted dry and cut into 2cm/1in cubes

Other

1 tbsp Shaoxing rice wine (or dry sherry)

https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9 **Book Novotel Hotel**



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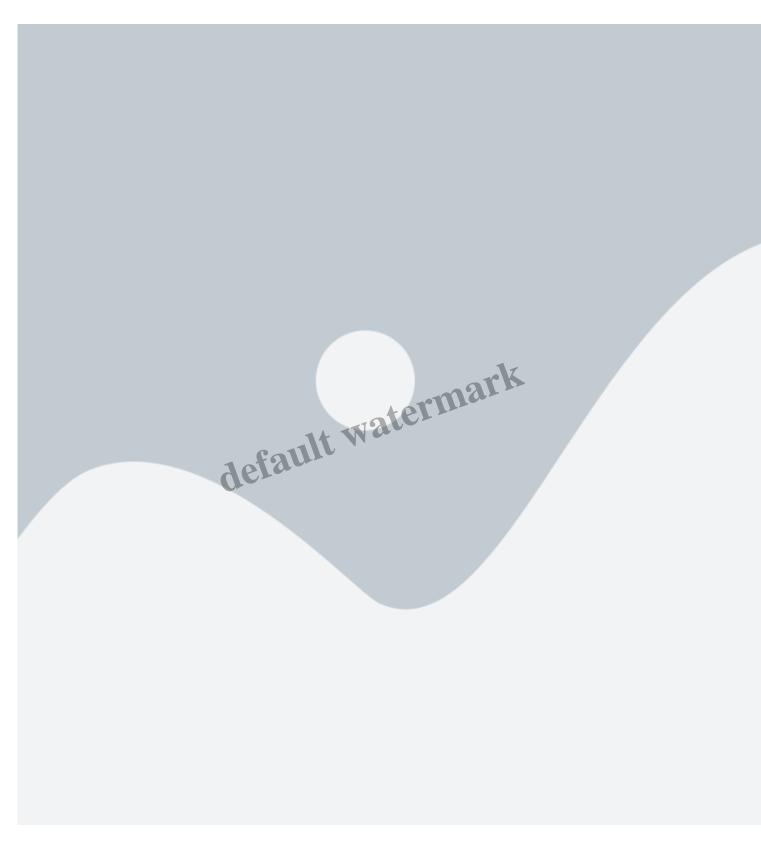


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Date Created March 31, 2025 Author admin

