



Black bean tofu 'mein' Free Recipe 31032025

Description

Recipe

Black bean tofu 'mein'

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A [Shopping 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](#)

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](#)



Team Member #1

WordPress Developer

Enter member description here which describes the position of member in company

default watermark


Team Member #1

WordPress Developer

Enter member description here which describes the position of member in company

-

default watermark



default watermark

Team Member #2

Web Designer

Enter member description here which describes the position of member in company

default watermark

Team Member #3

Testing Engineer

Enter member description here which describes the position of member in company

Music Video – [Home Page](#)

Category

1. Country

Tags

1. Black bean tofu 'mein'

Date Created

March 31, 2025

Author

admin

default watermark