

Vegan tofu katsu curry Free Recipe 31032025

Description

Recipe Vegan tofu katsu curry

Banzai Japan MV

watermark F140 https://www.youtube.com/watch?v=k_vQsyC_F1A**Shopping List**

Fruit and vegetables

2 garlic cloves, sliced

15g/1/2 oz fresh root ginger, peeled and finely chopped

1 tsp thin strips fresh root ginger

1 onion, finely chopped

1 spring onion, thinly sliced on the diagonal

Tins, packets and jars

15g/1/2 oz plain flour

freshly cooked rice

Cooking ingredients

flaked sea salt and freshly ground black pepper

- 1 tsp soft light brown sugar
- 2 tbsp cornflour
- 1 tsp medium curry powder
- 6 tbsp sunflower or groundnut oil
- ½ tsp ground star anise or Chinese five-spice
- 2 tbsp sunflower oil
- 2 tsp tomato purée

275ml/9½fl oz vegetable stock (made with ½ cube) Dairy, eggs and chilled

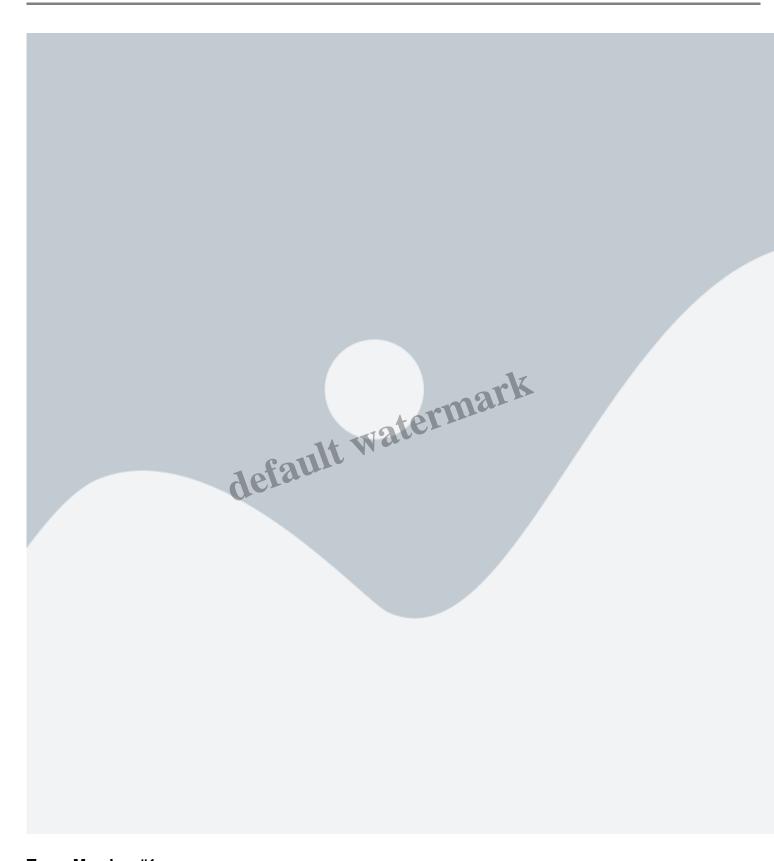
280g/10oz extra-firm tofu, well drained

25g/1oz coconut yoghurt

Other

40g/11/20z panko breadcrumbs or dry white breadcrumbs

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



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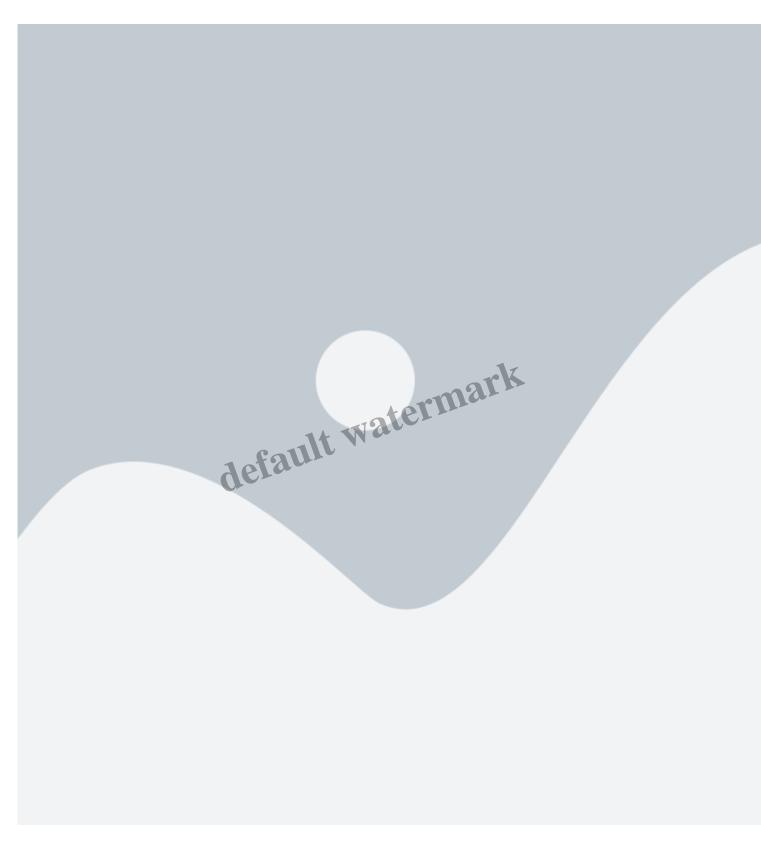


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Date Created March 31, 2025 Author admin

