

TAIJI QUAN ASSOCIATION – Peng You

Tofu Scrambled Eggs

½ block med firm tofu
3 eggs
Chinese cooking wine
Salt & pepper

Sesame oil
Vegetable oil
Onions, chopped
Green onions, chopped

Heat a pot of water to a boil. Turn down to med heat and add tofu, sliced into 3 or 4 pieces. Boil for 3 or 4 minutes to remove bitter flavor. Remove with a slotted spoon and drain. In a small bowl, mash tofu and add a pinch of salt. Meanwhile, whisk 3 eggs in a bowl. Add a drop of Chinese cooking wine, salt & pepper, and a few drops of sesame oil.

Heat vegetable oil in wok or fry pan. Add mashed tofu and white onions, a few drops of Chinese wine, salt & pepper to taste. Let sit for a few minutes so excess water can evaporate. Stir gently and add eggs and green onions. Scramble till cooked. Enjoy!

Spicy Tofu

Semi firm tofu, cut into cubes
Ginger, chopped
Garlic, minced
cup onions, chopped
1 Tbsp chicken soup base
Salt & pepper
Light soya sauce

Chinese cooking wine
Dark soya sauce
Sriracha sauce
1 tsp sugar
Vegetable oil
Sesame oil
Cornstarch (or potato or tapioca)

Boil a pot of water. Turn heat to med and add cubed tofu. Add a pinch of salt and boil 3 or 4 minutes.

Heat vegetable oil in wok or fry pan. Add ginger, garlic & onion. Stir and add a few drops of Chinese cooking wine, soya sauce and 1 cup hot water. Add tofu and 1 tbsp chicken soup base, ½ tsp salt, pepper, dark soya sauce & sugar. Stir gently.

Mix corn starch (or potato or tapioca starch) with 1 cup hot water and stir. Add to boiling liquid in wok. Add a few drops of sesame oil and cook slowly. Enjoy served over white steamed rice!