

Bakwan Tofu Recipe

(Bean Curd Patties Recipe)

Ingredients: Serves 4

400g bean curd or tofu
½ cup bean sprouts, with roots plucked off
1 coriander plant or wan swee, chopped
6 shallots, peeled and chopped finely
5 cloves garlic, peeled and chopped finely
1 teaspoon salt
1 teaspoon coriander powder
1 teaspoon chili powder
2 eggs, lightly beaten
3 tablespoons plain flour
1 teaspoon baking powder
2 cups vegetable oil

Method:

Heat 3 tablespoons oil and fry shallots and garlic until lightly golden. Turn off heat. Mash bean curd well, adding salt, coriander powder, chili powder, eggs, plain flour, baking powder and the fried shallots and garlic. Add bean sprouts and mix well. Heat the rest of the oil in the wok. Meanwhile, form patties with the tofu mixture. Slide patties gently into the oil and deep-fry for 1 to 2 minutes on each side until golden brown. Garnish with coriander and serve. To prevent tofu patties from breaking up as you fry them, quick-fry each side first to seal the surfaces before continuing to deep fry until the fritters are cooked.

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