

Stuffed Gluten Puff Recipe

Ingredients:

500g wheat flour

Fillings: (shredded)

300g turnip

50g carrots

8 nos. fresh mushrooms

Condiment:

¼ teaspoon salt

1 teaspoon sugar

1 tablespoon vegetarian oyster sauce

pinch of pepper

pinch of five-spice powder

½ teaspoon sesame oil

2 tablespoons oil

Condiment for gravy:

3 slices ginger

1 tablespoon light soy sauce

1 tablespoon vegetarian oyster sauce

½ teaspoon sugar

Starch mixture:

3 teaspoons corn flour

2 tablespoons water

Garnishing:

a few pips of broccoli (scald in hot water)

1 no. red chili

10 nos. fresh mushrooms (scald in hot oil)

Method:

Knead flour and wash into raw gluten. Add in ½ tablespoon baking powder and a bowl of water. Soak gluten for 40 minutes. Divide gluten and roll into small balls. Allow to stand for 20 minutes. Deep-fry gluten in oil until light golden brown. Remove and drip off excess oil. Scald in boiling water until gluten turns soft. Remove and drip dry. Heat 2 tablespoons oil and stir-fry ingredients for filling with condiment. Dish out and put aside. Stuff fillings into gluten balls and steam for 10 minutes. Take out and arrange in plate. Saute ginger in oil and add in remaining gravy condiment. Bring to boil, thicken gravy with starch mixture. Dish out and top up on stuffed gluten balls. Garnish with garnishing ingredients. When deep-frying gluten balls, keep stirring slowly to obtain even browning.