

Stuffed Tofu Beef Casserole Recipe

(Korean Recipes)

Ingredients: Serves 4

200g lean ground beef
½ teaspoon sesame oil
½ teaspoon minced garlic
¼ teaspoon freshly ground black pepper
¼ teaspoon salt
2 large cakes of firm tofu (250g) each
¼ cup vegetable oil
8 chrysanthemum leaves (optional)
Dried kelp, cut into 8 long strips, blanched to soften, for tying
200g beef sirloin, cut into 8 thin slices
½ red capsicum, sliced or 1 red chili, sliced
½ teaspoon ground red pepper
4 cups beef stock
1 egg yolk, lightly beaten (optional)

Method:

Place the ground beef in a small bowl and add the sesame oil, garlic, salt and pepper. Mix well and set aside. Cut each piece of the tofu into 4 pieces and pat dry with paper towels. Heat the oil in a wok and fry the tofu until it is golden brown on all sides, turning the tofu carefully to prevent it from breaking up. Drain on paper towels and cool. Halve each piece horizontally. Divide the ground beef into 8 portions and shape into the same size as the tofu. To assemble, place a portion of beef on a piece of tofu, then top with a second piece of tofu and a chrysanthemum leaf if using. Tie each tofu "sandwich" with a softened kelp. Arrange the tofu in a heatproof casserole dish and add the beef sirloin slices, capsicum and ground red pepper. Add the beef stock, bring to a boil, then cover and simmer gently for 10 minutes. Add the beaten egg yolk and serve hot. If kelp is not available, substitute scallions or chives and use only the green portions.

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