



Skeena Diversity's International Cooking Online

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Sweet Crunch Tofu by Cecilia Kim

Ingredients

Tofu -14 ounces to 1 pound firm tofu (in a green container), potato starch - 1/4 cup (can be replaced to corn starch, or any type of flour), salt - a bit, garlic - 1 spoon of crushed garlic), 1 cup of vegetable oil for frying

Ingredients for Sauce

Soy sauce -3 tsp, Sugar - 1/2 ~ 1 tsp, Oyster sauce -1 tsp, Honey-3 tsp, Pepper - a bit depends on the preference

Key Point: Fry tofu twice in order to make it crunch. If you like spicy food, you can use 1/4 cup ketchup, 1/4 cup honey or rice syrup, 3 table spoons Korean hot pepper paste for Sauce!

Recipe

1. Cut the tofu into bite sized pieces. Add some salt and wait for 10 minutes.
2. Make seasoning sauce:
Combine and stir all the sauce ingredients in a bowl and place it in a skillet.
3. After 10 minutes, pat dry tofu with Kitchen Towel or Paper Towel.
4. Put Potato starch into a plastic bag and gently put the tofu. Seal the bag and gently turn it over until the tofu is well and evenly coated with the starch.
5. Fry the tofu – 1st time.
Heat the oil in a skillet for 5 minutes, Carefully, add the tofu pieces one at a time to the hot oil. Turn the heat down to medium and let the tofu cook for about 2 to 3 minutes until the bottom turns yellow. They should be firm enough to turn without breaking. Take out all the tofu pieces.
6. Cook Sauce - Heat Sauce Skillet over medium high, stirring for about 1 or 2 minutes until bubbling. Cook 10 seconds when it starts to bubble.
7. Fry the tofu – 2nd time
It is time to double fry Tofu! Reheat the oil for 1 minute over medium high heat and fry all the tofu again for 3 to 4 minutes. Rotating and turning them until they are golden brown and crunch.
8. Coat and Serve. Place all the tofu on the kitchen towel and get rid of unnecessary oil and add the fried tofu into a sauce skillet and gently mix all together until they are well coated. Transfer to a plate! Serve as a side dish for rice or for a snack.