



Happy, healthy tofu

Soft, silken palate pleasures for both the young and the old

THIS is a recipe I adapted from something my father cooks often. He says this dish has a lovely Chinese name that roughly translates to "Peace to both old and young" — *laoshao pingan*.

The reason is simple. It's an easy dish to eat and everyone, especially toothless toddlers and maybe their equally toothless grandparents, can enjoy it without too much hard chewing or the fear of choking.

It is tofu based, with minute dices of different vegetables and minced fish added to make it interesting.

My dad's version was made with the "water tofu" or *shui doufu* that you can get from the wet markets. These are tender balls of tofu which have been strained and shaped with a muslin cloth.

These days, I prefer the little

boxes of silken white tofu, which are as tender as beancurd, only easier to handle.

And in our dish today, you want to break it all up, so don't worry if a piece breaks off and you have a chipped rectangle when you turn it out of the box.

You can choose your vegetables to add. I like carrots for their sweetness and colour, and I like water chestnuts for their crisp crunch and fresh flavour. I also added broccoli florets, placing them in a ring around the tofu.

Instead of adding minced fish to my version, I peeled some prawns and settled them on top of the plate. The prawns are perfect as a foil to the tofu's blandness. They added a nice touch of colour as well.

This dish can be made in the microwave or steamed over rice. Best of all, it takes about 15 minutes to prepare and about five minutes to cook. Peace to you and yours.



by
Pauline
D Loh

pauline@newstoday.com.sg

French ambrosia



PEACH nectar is a delicious thirst-quencher and an excellent way to fulfil your daily quota of vitamins and fibre. Especially if you can find a really good brand. There are a few already on the market, ranging from canned versions to tetrapak cartons.

But the best I have personally tasted comes from

Carrefour's house label Reflect de France.

It comes in a glass bottle and costs just \$2.50 per litre. That's about as much as you fork out for a can or carton.

The only difference is, this glass bottle is full of liquid ambrosia. Its no frills packaging is functional and belies the treat within but it's worth looking out for at the megamart.

Steamed silken tofu with prawns

Ingredients:

1 box silken tofu
200gm prawns
1 large egg white, lightly beaten
2 water chestnuts, diced fine
2 tablespoons finely diced carrots
2 fresh mushrooms, finely diced
1 small broccoli, cut into florets
Salt and pepper

Method:

1. Turn tofu into a mixing bowl and mash it up with a fork. Add egg white and mix well.
2. Add diced carrots and water chest-

nuts and season with salt and pepper.
3. Mix tofu mixture well and pour into a deep plate which can go on the steamer.

4. Peel, de-vein and wash prawns. Slice each prawn neatly down the middle, leaving the tail end attached. Arrange prawns on tofu.

5. Break up broccoli and arrange florets round the inside edge of the plate. Steam over high fire for FIVE minutes or put it in with the rice after the water level has dropped in the rice cooker. (Microwave at medium for two minutes in a covered

microwave safe container.)

(Preparation: 15 minutes. Serves four.)

Grocery Checklist

1 box silken tofu (\$1.95/box)
200gm prawns (abt \$2.00)
Water chestnuts (\$1.00/bag)
Carrots (\$0.90/bag)
Small head broccoli (\$1.00)
Fresh shiitake mushrooms (\$1.00/bag)

(All items available at Carrefour. Produce prices are seasonal and meant as guides only)

