



Snowy tofu nuggets

Celebrate with rosy shrimp-paste flavoured chicken and tender tofu rounds

Welcome back to the first of two festive editions of Home Chef. We've saved these recipes for you to try during the Chinese New Year celebrations.

Most families tend to go for really rich food during this period, but too much meat and deep-fried foods can dull the palate.

That's why I'm suggesting this lighter dish which combines two of everyone's favourite food - tofu and chicken.

It's also a very pretty dish, and very presentable during the New Year rounds of friends and feasting. The rosy tint of shrimp-paste marinated chicken contrasts nicely with snow-white tofu rounds.

You'll find it very simple to put together, and because it's steamed, it's a healthy choice that will appeal to the whole family.

Basically, this dish is a variation of an old Cantonese favourite, *ham har gai*, or shrimp paste chicken.

Traditional shrimp paste, however, is harder to get these days, and most modern cooks avoid it unless they can be sure

the manufacturing process is, well, hygienic.

No more worries.

MAGGI's Shrimp Paste Chicken Mix is the answer.

Although you can use it to marinate and then coat chicken for deep-frying, it's equally delicious as a marinade for minced chicken meat which is then piled on tofu rounds, and steamed.

Because the Shrimp Paste Chicken Mix has a small amount of flour in it, it gives the meat a tender coating without having to add cornflour.

The Shrimp Paste Chicken Mix is also easier to use than the traditional shrimp paste, which tends to be very salty.

Use the white silken tofu in plastic tubes. If you like, you may use the egg tofu which has a more custard-like taste.

Tofu breaks quite easily so handle with care when you slice them into rounds. One tube should give you six rounds, so for a larger family, you'll need two tubes.

Use a melon baller to scoop out a depression in each tofu round. If you don't have one, just use a teaspoon.

You can steam the chicken and tofu on top of rice in the rice-cooker, but steaming it on its own in a steamer or wok gives you better control.

Sometimes if the heat is too high or if you overcook the tofu, it will develop a honeycomb texture and lose its smoothness.

Make sure the water is boiling in the steamer or wok. All you need is 12 to 15 minutes. Happy cooking.



by Pauline D Loh

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Recipe

Rosy Chicken and Snowy Tofu Nuggets

Ingredients:

- 1 packet MAGGI Shrimp Paste Chicken Mix
- 2 boneless chicken leg fillets
- 2 tubes white silken tofu
- 1 tablespoon shredded ginger
- A little sesame oil
- Some cut chilli for garnish

Grocery List/Price Guide:

- MAGGI Shrimp Paste Chicken Mix (\$1.50)
- Chicken leg fillet (\$3.00)
- 2 tubes white silken tofu (\$3.00)
- Ginger (\$0.50)
- Total cost: \$5.50 CHK!**

Method:

1. Remove skin from chicken leg fillets. Cut meat up into small cubes, removing tough tendons. Marinate chicken with MAGGI Shrimp Paste Chicken Mix. Set aside.
 2. Cut tofu tube into half. Gently ease tofu out and cut each half into three rounds.
 3. Using a melon baller or teaspoon, scoop out a depression in each round. Place tofu on steaming platter.
 4. Put a heaped teaspoon of marinated chicken into the tofu depression. Top with shredded ginger.
 5. Bring water in steamer to a boil. Put platter of tofu in and steam for 12 to 15 minutes. Garnish and serve hot.
- (Preparation time: 15 minutes. Serves four.)



TOFU & PHYTOESTROGEN

WE have been hearing a lot about soya beans or tofu products and phytoestrogens. But what are phytoestrogens and are they good for us?

"Phyto" means plant and "estrogen" refers to the hormone produced in a woman's body.

Although phytoestrogens are similar to estrogens, they are not the true estrogens that our body produces.

Phytoestrogens are a group of compounds found in plants that influence estrogen activity.

They can bind to receptor sites in your body and have either "pro-estro-

genic" or "anti-estrogenic" effects, depending on your estrogen levels.

In menopause, when estrogen level is low, phytoestrogens can help relieve menopausal symptoms by inducing a weak pro-estrogenic effect.

Many plants contain phytoestrogens but the highest amounts are found in red clover, liquorice and soy.

Recent research also report positive findings on bone loss reduction in women who used soy phytoestrogens supplements.

So, soy bean products not only taste good, they are good for you.