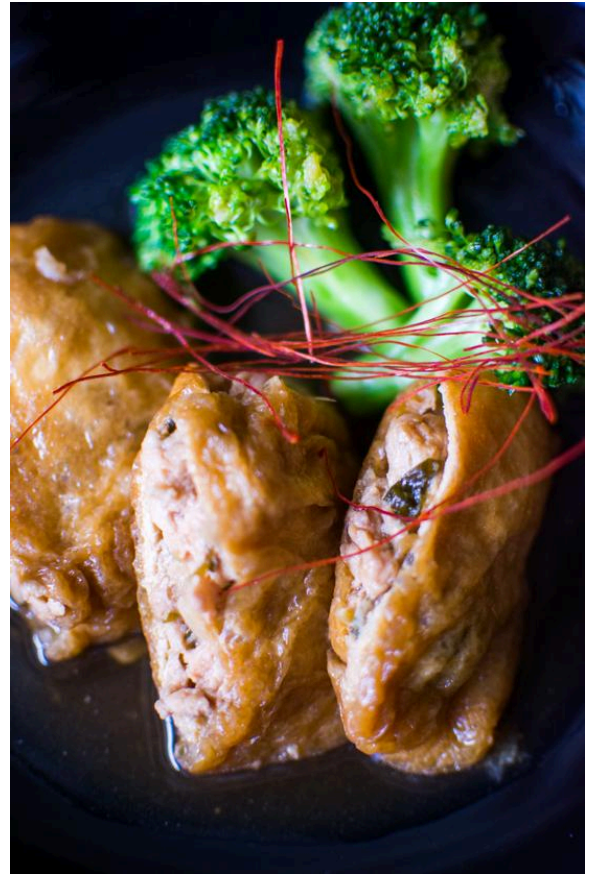


Chicken Stuffed Bean Curd

Ingredients and Instruction for ground chicken stuffed fried tofu makes two dozen

- 6 rectangular fried bean curd (油揚げ)
 - 600g ground chicken
 - 4 Tablespoons sake
 - 30g mitsuba/ Japanese parsley, chopped
 - 30g ginger root, minced
 - 1/4 cup grated nagaimo/ Chinese yam
 - Salt
1. Cook fried bean curd in boiling water for 2-3 minutes and drain (this is to remove oil). When the fried tofu is safe to handle, squeeze out excess water. Place one fried tofu on a paper towel, roll the round chop stick from one end to the other to make it easier to open inside. cross cut in 4ths. Repeat for other fried tofu..Set aside
 2. Put ground chicken and sake in a bowl and mix well until pasty. Add mitsuba, ginger, nagaimo and salt and mix very well.
 3. Stuff meat mixture into tofu pouch (do not worry about closing it completely). Press gently to flatten.



Sweet stewing stuffed ground ingredients and Instruction

- 1 cup kelp dashi stock I made from 1 tablespoon granule kelp dashi dissolved in a hot water.
 - 8-10 ground chicken stuffed fried bean curd
 - 1-2 Tablespoons sugar
 - 2 Tablespoons each of sake, mirin (seasoned sake) and soy sauce
1. Boil dashi stock in a pan. Add sugar.
 2. Gently drop in stuffed fried tofu and simmer for 5-6 minutes.
 3. Add sake, mirin and soy sauce. place drop lid over the stuffing. Cook for 5-6 minutes longer. Turn off heat and let it cool in pan. Serve with broth.