

Almond Tofu (with Agar stick)

杏仁豆腐 (用洋菜條)

材料:

8 gram 洋菜條

2杯水

¼杯淡奶

4包代糖(或者使用8湯匙白糖)

2茶匙杏仁香精

Ingredient:

8 gram Agar stick

2 cups of water

¼ cups evaporated milk

4 packet sugar substitute (or use 8 tablespoon sugar)

2 teaspoon almond extract

方法:

洋菜條切成1英寸長, 在冷水中浸泡30分鐘。

把2杯水煮開, 擰出水來了浸泡洋菜條, 放入沸水中。

等到洋菜條完全融化

加糖或糖的替代品

加杏仁香精

離火, 讓它冷卻10分鐘, 然後倒入容器中

讓杏仁豆腐在室溫下冷卻30分鐘, 然後放入冰箱冷藏2-3小時, 直到牢固

切杏仁豆腐切塊, 配上雜果

Method:

Cut Agar Agar stick into 1 inch in length and soak in cold water for 30 min.

Bring 2 cups of water to boil, squeeze water out of the soaked Agar Agar piece and put in the boiling water.

Wait until Agar Agar melt completely

Add sugar or sugar substitute

Add almond extract.

Remove from heat and let it cool for 10 min before pouring into the container.

Let Almond tofu to cool at room temperature for 30 min then put in the refrigerator for 2-3 hour until it firm.

Cut Almond tofu into cubes and serve with a mixed fruit cocktail.



