

TOFU MEATBALL (豆腐肉丸子)

(YIELD: 6 SERVINGS)



INGREDIENTS

1. Ground pork (20% fat) 300g
2. One stick or box of silk tofu
3. Few slices of lotus root, diced
4. Soy sauce 3 tablespoons
5. Cooking wine 1 tablespoon
6. Salt 1 teaspoon
7. Sesame oil 1 tablespoon
8. Corn starch 1 tablespoon
9. (optional) Egg 1
10. White pepper 1 teaspoon
11. Panko (Japanese style bread crumb) 2 ~3 cups
12. Frying oil (enough to deep fry in whatever container you use)

DIRECTIONS

1. In a large bowl, mix everything except the panko and frying oil. Blend well.
2. Heat the oil to about 350 degrees (one may splash some water drops to test whether the temperature is hot enough).
3. In a separate shallow bowl, pour in the panko and start to form meatballs there.
4. Deep fry the meatballs until golden brown. Place the cooked meatballs on a cooling rack and finish with some white pepper powder to taste.