

SOFT & CRISPY



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Be wooed by the high tea spread at the quirky Woo Bar of W Hotel in Hong Kong. Represented by Ryan Fung & Kit Piu Yau .

- Sub Category Name
Combo
Appetisers
- Recipe Source Name
Real High Tea 2014/15 Volume 1

Used Teas



Moroccan Mint Green
Tea

Ingredients

SOFT & CRISPY

Chilled Tofu Moroccan Mint Green Tea Injection



- 1 pc seared tofu
- 500ml Dilmah Moroccan Mint Green Tea
- 250ml water
- 1.5g Gluco
- 0.8 g Algin
- 2.5g sea salt

Crispy Tofu Skin

- 1 pc tofu skin
- 1 egg
- 1000ml cooking oil

Moroccan Mint Green Tea Seasoning

- 10g Dilmah Moroccan Mint Green Tea
- 50g soy bean powder
- 2g sea salt
- White pepper
- Edible colouring: green

Methods and Directions

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Chilled Tofu Moroccan Mint Green Tea Injection

- Marinate the tofu in the 150ml of Moroccan Mint Green Tea for half hour.
- Use no.6 mould to cut 4 pieces of tofu in cylindrical shape.
- Blend 200ml Moroccan Mint Green Tea with 1.5g Algin for 30 seconds. Rest it at room temperature for 2 hours.
- Blend 150ml Moroccan Mint Green Tea with 0.8g Gluco and sea salt for 30 seconds; rest it at room temperature for 2 hours.
- Mix 4 tablespoons (15ml each) of Gluco liquid into the Algin liquid for 1 minute, they will form the big caviar. Then strain them out with a slotted spoon and immerse in clean water for 3 seconds. Then drop into the Moroccan Mint Green Tea liquid.
- Dig out a little bit of tofu from the middle and fill the hollow with the Moroccan Mint Green Tea caviar.

Crispy Tofu Skin

- Cut the tofu skin into 5 cm x 20cm rectangles. You need 10 pieces.
- Mix the egg and brush the egg liquid on the tofu skin, layer by layer.
- Then cut it to be 2.5x2.5cm squares to form 8 pieces.



- Deep fry the tofu skins in 180°C cooking oil till golden and crispy. Set aside till needed

Moroccan Mint Green Tea Seasoning

- Mix all ingredients.
- Blend them to a powder.
- Fill tea bags with it.

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