

麻婆豆腐

麻辣香四溢的麻婆豆腐是台灣人很喜歡的一道菜，炒香的肉末和軟嫩的豆腐完美的搭配，讓人一碗接一碗阿!愛吃辣的朋友絕不能錯過喔!

食材

嫩豆腐 1 盒

豬絞肉 80g

調味

蔥花 適量

薑末 少許

蒜末 少許

辣椒末 少許

辣豆瓣醬 2.5 匙

醬油 少許

糖 少許

樹薯粉 少許

花椒粒 1 小把

1. 準備好食材。將豆腐切小塊，用熱水+鹽燙約 5 分鐘瀝乾備用
2. 準備好炒鍋，加入 2 匙麻油，麻油與花椒粒炒香後 (花椒粒丟掉!!)就是花椒油了,然後取出備用。
3. 原鍋下肉末炒香，加入豆瓣醬一起翻炒，讓肉末上色，再加入薑末、蒜末、辣椒末一起炒香
4. 加入適量的水，將瀝乾豆腐放進鍋內，悶一下入味。
5. 加點醬油，少許糖，等稍微收汁後，加入少許樹薯粉水，芡薄芡，蓋上鍋蓋悶一下。
6. 撒上蔥花淋上花椒油完成
7. 來碗白飯，淋上剛做好的麻婆豆腐，經典的麻婆豆腐蓋飯就完成囉!

Mapo Tofu

Mapo Tofu, one Taiwanese favorite dish that has rich aroma and great tastes of heat and spicy, especially the soft tofu topped with fined stir-fried minced pork will make you have a good appetite and just can't stop eating. If you're a fan of spiciness, you're absolutely needed to taste it.

Ingredients

1 box soft tofu

80g minced pork

Seasoning

some chopped green onions

few minced ginger

few minced garlic

few chopped hot pepper chilly

2.5 tablespoon broad bean paste

some soy sauce

some sugar

some tapioca starch

some granular sichuan peppercorn

1. Prepare the ingredients. Cut the soft tofu into small cubes, and soak them in hot water with salts for 5 minutes. Move tofu cubes out and drain.
2. Get one stir-fry pan. Pour 2 teaspoon of sesame oil in and stir-fry with granular sichuan peppercorn until you can smell the aroma. Transfer out and move the granular sichuan peppercorn out. And this is the sichuan peppercorn oil that we will add in the dish later.
3. Heat the pan and stir-fry the minced pork, then mix with the broad bean paste for stronger flavor and beautiful color on minced pork. Then, put minced ginger, garlic and chopped pepper chilly to stir-fry together.
4. Add some water in, put the drained tofu cubes in and simmer for few minutes for enriching the flavor.
5. Add some soy sauce and sugar. When the sauce starts getting thickened, add few tapioca

starch water in then simmer for seconds again.

6. Sprinkle chopped green onion on top and the sichuan peppercorn oil. And the delicious Mapo Tofu is completed.

7. Serve hot with a bowl of steamed rice, the classical Mapo Tofu Don is completed.