

Cooking School

with the London Chef

Ma Pao Tofu w/ Heidi

For a true chef mis-en-place experience we suggest having the ingredients out, washed and measured, and the equipment ready to go before you begin cooking. Pour yourself a large glass of whatever you like to enjoy while cooking, and remember to have fun in the kitchen! These quantities can be easily doubled, but if you increase food quantity make sure to use appropriate sized pots/pans for the best outcome.

Ingredient List

1 to 2 cups uncooked rice
vegetable oil
salt
650 g medium tofu
Vegetarian option - 6 to 8 dried shiitake mushrooms
Omnivore's option - 113 g (4 oz) lean ground pork or beef
Green onions
Chunk fresh ginger
Garlic
Pure red chile powder
Sichuan peppercorn powder (you can grind these in a coffee grinder)
Chili bean paste, or salted soy beans, OR miso paste
Salted soy beans (aka yellow bean sauce) OR 2 miso paste
Chinese salted black beans,
Chicken broth or veg broth
haoxing Cooking wine or dry sherry
Soy sauce
Cornstarch

Cooking Equipment

Knife
Cutting board
Measuring cups
Measuring spoons
Mixing bowls
Small bowls or ramekins for holding ingredients, if possible
1 small pot with tight fitting lid (for rice) OR rice cooker
1 large saute pan OR wok
1 colander
Slotted spoon
Whisk
Wooden spoons
Spatula