



Black bean tofu 'mein' Free Recipe 10042025

Description

Recipe

Black bean tofu 'mein'

Parts of this tofu chow mein represent good luck and fortune – noodles for longevity and the golden tofu cubes for ingots of gold. A delicious vegan stir fry for Chinese New Year.

Recipe tips

You can buy ready fried tofu, but this method shows how to get it really crisp.

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables 1 bird's-eye chilli, seeds removed, finely chopped (optional) 1 medium red chilli, seeds removed, finely chopped 1 red chilli, thinly sliced 5 garlic cloves, finely chopped 1 tbsp peeled and freshly grated ginger 2 green peppers, cut into 15mm pieces 4 spring onions, thinly sliced Tins, packets and jars pinch dried chilli flakes 1 pack Dao Shio Mein (knife-cut noodles) or other wide noodles Cooking ingredients 120g/4½oz cornflour 2 tbsp cornflour 1 tbsp yellow bean paste (or miso) 300ml/10fl oz rapeseed oil, for frying 1 tbsp rapeseed oil 2 pinches sea salt 1 tbsp dark soy sauce 1 tbsp light soy sauce 1–2 tbsp soy sauce 350ml/12fl oz vegetable stock 2 pinches ground white pepper Dairy, eggs and chilled 400g/14oz firm tofu, drained, patted dry and cut into 2cm/1in cubes Other 1 tbsp Shaoxing rice wine (or dry sherry)<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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41. garlic cloves
42. firm

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- 43. paste
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- 45. white pepper
- 46. miso
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- 50. Shaoxing rice wine
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