

ARCHIVED RECIPES

HEARTY BEANCURD BURGER (SERVES 4)

Ingredients:

8 slices Gardenia Nutri Multi Grain Bread
 1 square of firm beancurd (tau kwa)
 1 tbsp of garlic, chopped finely
 1 tbsp of spring onions, chopped finely
 2 strands of long beans, chopped into pieces of 1 cm
 50 gm of carrot, shredded
 75 gm of button mushrooms, roughly chopped
 1 whole egg, beaten
 1 tbsp of oyster sauce
 ¼ tsp of salt
 ½ tsp of sesame oil
 Ground pepper
 3 tbsp of corn flour
 2 tbsp of olive oil
 A few leaves of lettuce
 2 tomatoes, thinly sliced

**Cooking Method:**

1. Squeeze beancurd to remove the excess water in it. Break beancurd into pieces with hands, use a fork if needed to mash it finely. Set aside.
2. Heat 1 tsp of olive oil in non stick pan and sauté garlic and spring onions till fragrant.
3. Add long beans and stir fry for about 2 mins, add mushrooms and carrots and stir fry till they are soften and remove from heat.
4. Add this mixture to the mashed beancurd and mix thoroughly.
5. Add the beaten whole egg, oyster sauce, salt, sesame oil, ground pepper and corn flour to mixture and mix thoroughly.
6. Heat the remaining olive oil in non stick pan till pan is very hot, place ¼ portion of beancurd mixture into pan, shaping them into a square patty about the size slightly smaller than a slice of bread.
7. Pan fry both sides till light brown.
8. On a plate, place a slice of Gardenia Nutri Multi grain bread, followed by the beancurd patty, slices of tomato and lettuce. Cover with another slice of Nutri Multi grain bread.
9. Serve immediately.

Tip: For a more defined and firm beancurd patty, add another tablespoon of cornflour to the mixture before pan frying it.