

# Vegetarian Pipa Tofu Recipe / Pi Pa Dou Fu



Pipa (pronounced as pee-par) or chinese lute is a Chinese wooden musical instrument. This is a Cantonese dish derives its name from the resemblance of tofu puffs.

It is a fantastic vegetarian chinese tofu dish. I wanted to try some vegetarian recipes in Chinese cuisine since my husband loves chinese food so I borrowed a Chinese cookbook from the library it is called [Every Grain of Rice](#) by Fushsia Dunlop. I recently tried this vegetarian pipa tofu recipe with little changes in ingredients, to my surprise it came out good

and tastes awesome.

The fried tofu was crispy on outside, but once you put them into a sauce, they turn soft and tastes yummy. Try this pipa tofu recipe at home, you will love it.

## Vegetarian pipa tofu recipe

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Prep time

20 mins

Cook time

20 mins

Total time

40 mins

Pipa Tofu is a Chinese vegetarian tofu recipe, it tastes great with white rice.

Author: Gayathri Ramanan

Recipe type: lunch

Cuisine: chinese

Serves: 2

Ingredients

- FOR THE TOFU PUFFS
- 1 Mushroom (Baby Bella) or any kind
- 170 gms of Plain White Tofu,
- $\frac{1}{2}$  Carrot, grated

- 1 Tsp of Garlic Powder
- $\frac{1}{2}$  Tsp of Red Chilly Flakes
- 1 Tbsp of Corn Starch
- 1 Tbsp of Rice Flour or potato flour
- Salt and Pepper to taste
- FOR THE SAUCE
- 2 Baby Bella Mushroom, Sliced
- 1 Tsp of Ginger, Finely Chopped
- $\frac{1}{2}$  Carrot, Sliced
- $\frac{1}{2}$  Green Capsicum, Sliced
- Few Broccoli Florets
- 1 Red Chilly
- 1 Tbsp of Tamari Soy Sauce
- $\frac{1}{2}$  Tsp of Dark Soy Sauce
- 1 Tsp of Rice Flour or Corn Flour mixed with 2 tbsp of water
- 1 tsp of Sesame Oil
- Salt and Pepper to taste

## Instructions

1. Chop the mushroom and slice the other two mushroom. Grate the carrot.
2. Add tofu to a food processor. Transfer it to a bowl, add mushroom, carrot, salt, pepper
3. garlic powder, red chilly flakes, rice flour, corn starch. Mix everything well.
4. Heat a pan with oil, just scooped the tofu mixture up with a spoon and slide into a hot oil, leave it for couple minutes, cook both sides until golden.
5. Remove from oil with a slotted spoon and drain it on a paper towel.
6. Heat a pan with oil, add ginger, red chilli, fry it for a sec.
7. Add carrot, capsicum, broccoli and mushroom. Add salt and pepper, stir fry it until it turns soft.
8. Add some water, bring it to a boil.
9. Add dark soy sauce, tamari soy sauce, stir it well .

10. Add the puffs and simmer it for a minute.
11. Add rice flour mixture, give a quick stir, it will thicken in few minutes.
12. Add chopped spring onion if you wish, stir it and turn it off. Mix some sesame oil and serve with white rice

#### Notes

If you don't, have rice flour use a different thickening agent like potato flour or corn flour.

The recipe calls for dried shitake mushroom, but I used fresh baby bella mushroom.

You can use any vegetables of your choice.



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