

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.

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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.



Stir-Fried Vegetables / Vegetarian Stir Fry



This is a hearty, colourful and flavorful vegetable stir-fried vegetables. Every week I make this vegetarian stir fry for lunch or dinner. They are easy to make with fresh veggies, healthy and takes less time to cook. I like stir fry because of its simplicity and balance of flavors. I made this stir fry with vegetable on hand. You can use any vegetables of your choice like snow peas, bok choy, baby corn and chestnuts. Here I used super firm tofu, shallow fried and added to this dish.

If you get deep fried tofu in your nearby store add that instead. For vegetarian and vegan, they are the best source of protein. Served over a bed of rice. Try this easy vegetable stir fry to make quick lunch or dinner on the table with minimal clean up..Even beginner can do this stir fry vegetables easily.

Ingredients for Stir Fried Vegetables

- 8 Oz Super Firm Tofu
- 1 Big Broccoli
- 1 Green Bell Pepper, Diced
 - 3 Mushroom, Diced
 - Handful of Spinach
- 2 Garlic Cloves, Crushed
- 1/2 Yellow Onion, Chopped
- 1/2 Tsp of Red Chilli Flakes
 - Pinch of Sugar
- Salt and Pepper to taste
- Green Onion, Chopped

Sauce

- 1 Tsp of Dark Soy Sauce
- 1 Tsp of Vegetarian Oyster Sauce
- 2 Tsp of Light Soy Sauce
- 2 Tsp of Corn Starch or Rice Flour

To Marinate

- 1/2 Tsp of Garlic Powder
- 2-3 Tsp of Soy Sauce
- Salt and Pepper to taste

To Shallow Fry

- 2 Tbsp of Vegetable Oil

Method for Stir Fried Vegetables

- Cut the tofu into small cubes. In a bowl, add tofu, garlic powder, soy sauce, salt and pepper. Mix well and marinate it for 30 mins.
- Heat a pan with oil and shallow fry the tofu till it turns golden brown on both sides. Remove from pan and keep it aside.
 - In a bowl, make a sauce by adding ingredients listed under " to sauce". Mix well.
- Heat a pan with oil, when it is hot, add red chilli flakes, garlic and onion, fry it for 2 mins, add broccoli, mushroom, bell pepper, sugar, salt and pepper, fry it for 2 mins, cover and cook for another 3 mins, then add spinach and tofu, fry it for another 2 mins.
 - Add sauce, cook for another 3 mins and turn off the flame.
 - Serve the stir fried vegetables with rice.

Tips

- Add any vegetables of your choice like chestnuts, napa cabbage, bok choy, bamboo and baby corn.
 - Adjust the amount of soy sauce, salt and pepper according to your taste.

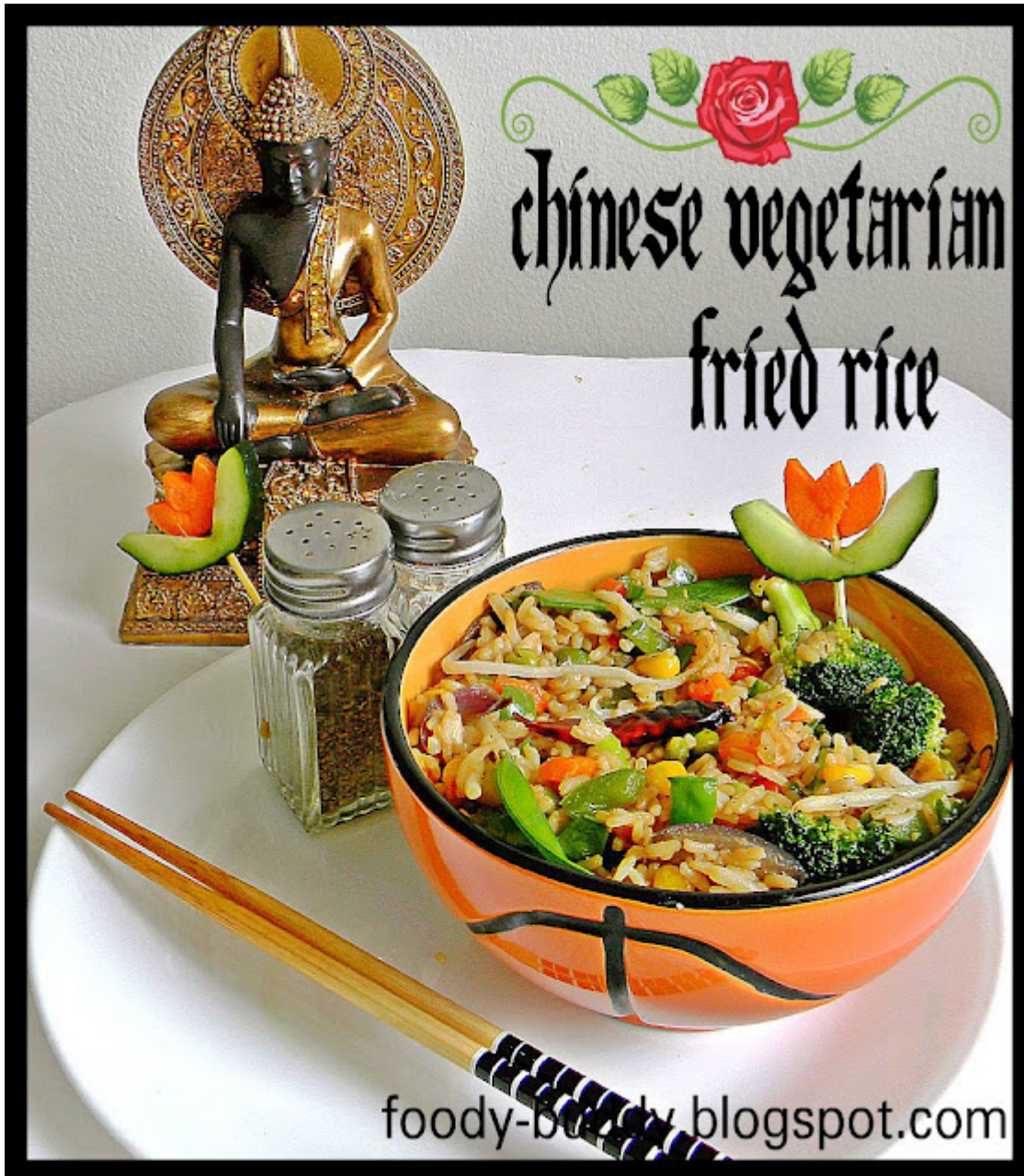
Stir Fried Vegetables with Rice



Tags: [stir fried vegetables](#), [stir fried vegetables with rice](#), [vegetarian stir fry](#), [chinese vegetarian recipe](#), [one pot meal](#).

Chinese Vegetarian Fried Rice

Pin it



Fried rice is an Asian-inspired dish that has become so popular and now available all over the world. I'm a big fan of this rice. Making it is simple; combine cooked rice with sauteed vegetables and meat of your choice, season with soy sauce and ready to serve. I love to eat this rice on cold winter night.

Try this recipe and let me know your feedback.

Ingredients

2 Cup of Cooked Rice / Leftover rice
2 Red Chillies
2 Chopped Garlic Cloves
2 Tbsp of Finely Chopped Onion
1/4 Cup of Finely Chopped Carrot
1/4 Cup of Peas
1/4 Cup of Green Bell Pepper/Capsicum
1/4 Cup of Broccoli Florets
2 Tbsp of Corn
7 Snow Peas, chopped or whole
1/4 Cup of Bean Sprouts
2 Green Onion
1 Tsp of Black Bean Paste(opt)
1 Tbsp of Low Sodium Soy Sauce
1 Tbsp of Tamari
1/2 Tsp of Sugar
1/2 Tsp of Salt
1/2 Tsp of Pepper
2 Tbsp of Vegetable Oil/Butter/Corn Oil/Sesame oil

Method



- Soak, wash the rice and cook it in pressure cooker for 3 whistles along with carrot, peas and water or use left over rice.
- Heat oil in a wok or large pan and add red chillies and garlic. Saute for 2 Mins until red chillies turns dark brown.
- Add onion to a pan and saute for 2 mins.



- Add all veggies(brocoli, bell pepper, corn, snow peas and white part of green onion) saute this for 2 mins. Sprinkle some water and cook this for 3 Mins by placing lid on top.
- Now add pepper, salt, sugar, black bean paste(opt), tamari and soy sauce. Mix well with veggies. Cook it for another 2 mins.
- Finally add the rice. once you add your rice to the wok, turn the heat to high. Your wok or pan has to be so hot that it makes every single grain of rice to jump and dance off in the wok. Stir-fry tossing continuously for about 5 minutes (adding in more soy sauce and black pepper if needed to suit taste).
- When the rice is heated through, add the bean sprouts into the pan. Mix thoroughly. Finally add the green part of green onion. Serve hot.



Tips

- Don't add hot rice while making fried rice, it should be cold.
- If you want to get exact Chinese flavor add black bean paste, fish or oyster sauce and sesame oil.
- You can also add more vegetables like mushroom, baby corn and bamboo shoots to get a great taste.
- Soy sauce comes in light or dark. "light" is little saltier than "dark". If you use "dark" soy sauce, your rice looks dark brown in color also different taste.
- Basically soy sauce are high in sodium level, for the health reasons, I used low sodium soy sauce.
- Soy sauce are made of 50% soy beans and 50% wheat. But Tamari are made of 100% Soy beans and no wheat in it. So tamari is ideal for people following gluten free diet .



Health Benefits of Fried Rice

- Making fried rice at home is a more nutritious rather than buying a takeout order from a restaurant .
- You can boost the vitamin, mineral and nutrient content of your dish by using brown rice instead of white rice to add fiber and get the nutritional benefits of whole grains.
- Instead of using high fat meat, use a low fat meat substitute, scrambled eggs or more vegetables. Finally, keep salty condiments to a minimum and don't fry the rice in more than a couple tablespoons of oil to reduce total fat and calories.



Related Recipes

1. [Chinese Egg Fried Rice](#)
2. [Indo-Chinese Fried Rice](#)