SINGAPORE / SINGAPORE STREET FOOD

# TAU KWA PAU, STUFFED BEAN CURD

Tau kwa pau is a snack from Katong in Singapore: pockets of fried firm bean curd stuffed with fish ball, braised egg and cucumber, dressed with oyster sauce and dipped in chilli, soy and calamansi.



| SERVES | PREP | COOK | TOTAL | DIFFICULTY | SPICE |
|---|---|---|---|---|---|
| 4 | 30 min | 30 min | 1 h | Easy | Medium |

## INGREDIENTS

### FOR THE BEAN CURD

8 square blocks firm bean curd (tau kwa), about 80 g each

Neutral oil, for frying

300 ml water

2 tbsp dark soy sauce

1 tbsp light soy sauce

1 star anise

1 tsp sugar

### FOR THE FILLING

8 fish balls, chopped

3 eggs, hard-boiled and chopped

1 small cucumber, seeded and finely diced

1 tbsp fried shallots

### FOR THE DRESSING

2 tbsp oyster sauce

1 tsp sesame oil

1 tsp cornflour

### FOR THE DIP

5 red chillies

2 garlic cloves

3 tbsp light soy sauce

2 tbsp calamansi juice

1 tsp white vinegar

### TO SERVE

Coriander leaves

## METHOD

### FRY AND BRAISE THE BEAN CURD

1. Dry the bean curd well and fry in 2 cm of oil for 5 to 6 minutes, until golden all over. Drain.
2. Simmer the water, soy sauces, star anise and sugar for 5 minutes. Add the bean curd and cook gently for 10 minutes, turning. Lift out and keep the liquid.

### MAKE THE FILLING

3 Fry the fish balls in a little oil for 2 minutes. Mix with the eggs, cucumber and fried shallots.

### MAKE THE DRESSING AND DIP

4 Bring 150 ml of the braising liquid to a simmer with the oyster sauce and sesame oil. Thicken with the cornflour mixed with 1 tbsp water.

5 Pound the chillies and garlic and stir in the soy, calamansi and vinegar.

### STUFF AND SERVE

6 Cut a slit in one side of each bean curd and scoop out a little of the centre. Pack with filling until it piles up over the edge.

7 Spoon over the dressing, scatter with coriander and serve with the dip.

---

## USEFUL SHORTCUTS FOR HOME COOKS

Buy the firmest bean curd you can find. Soft tofu will not hold a pocket.

Chop the scooped-out bean curd and add it to the filling.

Add slices of braised duck to the filling, the way some stalls do.

Tau kwa pau was invented in Katong, on the beaches nearby, Will explains at Dunman Food Centre, and the owner then opened up a shop here. It was served to locals gambling and playing mahjong, a snack to eat while you play, and is now the signature of the area.Little bean curds are stuffed with fish ball, egg and cucumber,...