Tofu Curry Recipe (Party)

Preparation Time	**8**
Cooking Time	**32**
Serving Size	**30**

Ingredients:

- 2 1/2 kg tofu, cut into chunks
- 1 cup flour, all-purpose
- 3 3/4 tsp salt
- 5 pc egg white
- 3 cup oil, for frying
- 1/3 cup garlic, crushed
- 1 cup onion, red, sliced
- 1/3 cup ginger, cut into strips
- 5 pc chicken bouillon cube
- 2/3 cup oil, for sautéing
- 3 Tbsp curry powder
- 5 pc siling haba, sliced
- 2 1/2 cup coconut cream
- 1 pouch DEL MONTE Filipino Style Tomato Sauce (1kg)
- - salt, to taste
- 1/2 cup green onions, cut into strips

Preparation:

1. Dry tofu on a tray lined with paper towels. Dust tofu with flour and sprinkle with salt. Remove excess flour. Set aside.
2. Beat egg whites until stiff. Add tofu. Toss gently. Deep-fry until golden brown. Set aside.
3. Pound garlic, onion, ginger and bouillon cube together. Sauté in oil for 2 minutes. Add curry powder, sili, coconut cream, water and DEL MONTE Filipino Style Tomato Sauce. Simmer for 5 minutes.
4. Add tofu, salt to taste and green onions. Bring to a boil then simmer for 2 minutes.

Chef's Tip

Tap excess flour. Clumps of excess flour will just fall off into the oil and will leave parts of the tofu without the egg whites and also burn in the oil.

Lusog Notes

Did you know that tofu can be your low-cost, healthy alternative for meat? This Tofu Curry dish is also high in calcium that is essential for bone growth and development, as well as iron which is needed for normal metabolism.

Cooking Skills Needed

- Slicing

Cooking Tools

- Chopping Board

- Wooden Spatula