

YONG TAU FOO (STUFFED TOFU WITH SHRIMP)

From the Kitchen of: Michael Si and Shuqin Liu, Community Members

Preparation Time: 15 minutes | **Cook Time:** 15 minutes | **Yield:** Feeds 2 people

Common Allergens: Shellfish, Soy, Sesame (Optional)

"A classic Hakka-style delicacy, Stuffed Tofu with Shrimp is a wholesome and flavorful dish packed with protein-rich ingredients. Succulent shrimp paste nestled in silky, delicate tofu absorbs the rich umami of oyster and soy sauces, creating a perfect harmony of texture and taste. This dish is not only delicious, but also nutritious, making it a satisfying choice for any meal," shares Michael, who learned this dish from their mother, Shuqin Liu.

"Stuffed tofu has deep roots in Chinese culinary history and is a signature dish of the Hakka people, who migrated from northern to southern China between the 4th and 13th centuries due to unrest, invasions, and war. As a dish born from migration, it carries with it the resilience and adaptability of those who made new homes across different regions.

As someone born in China who has lived in four countries across three continents, I find myself constantly seeking the familiar tastes of home, no matter where I am.

This dish, lovingly prepared by my mother throughout my childhood, remains a cherished comfort. Each bite brings back memories of warmth, fulfillment, and the unmistakable joy of home-cooked flavors."



MICHAEL'S SUSTAINABILITY TIP:

"Purchase U.S. wild-caught or farmed shrimps as they are managed and responsibly harvested* under U.S. regulations."

INGREDIENTS:

FOR THE FILLING:

- 5 ounces shrimp, minced to a paste
- 1/2 teaspoon salt
- 1/2 teaspoon cornstarch
- 1/2 Tablespoon olive oil
- 2 Tablespoons green onion, chopped
- Optional: 1/4 teaspoon white pepper powder

FOR THE SAUCE:

- 2 Tablespoons soy sauce
- 2 Tablespoons oyster sauce
- 1 teaspoon cornstarch

FOR THE TOFU:

- 1 (14-ounce) pack firm or medium-firm tofu
- 2 Tablespoons olive oil
- 1/4 cup water, for steaming

OPTIONAL GARNISHES:

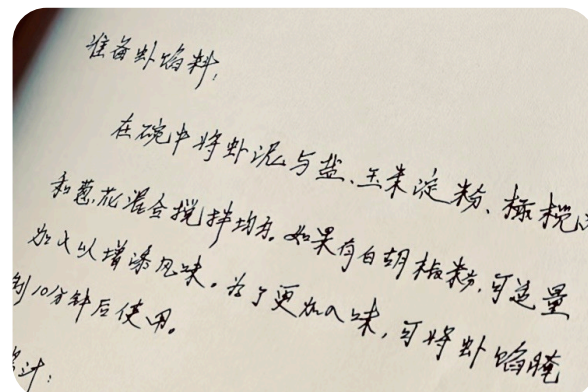
- Chopped green onion, diced carrots, peas, and corn
- Sesame oil (for extra depth)

*According to the National Oceanic and Atmospheric Administration. For more information, visit [www.FishWatch.gov](https://www.fishwatch.gov)

INSTRUCTIONS:

PREPARE THE FILLING:

- In a bowl, mix the shrimp paste with salt, cornstarch, olive oil, green onion, and, if available, a sprinkle of white pepper powder until well combined.
- To enhance the flavor, marinate the shrimp filling for 10 minutes before stuffing.



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PREPARE THE SAUCE:

- In a separate bowl, mix the soy sauce, oyster sauce, and cornstarch. Set this aside.
- Slice the tofu into ~2 1/2 x 2 x -inch blocks (that is, 8 equal-size blocks from a 14-ounce pack). Using a small spoon, carefully scoop out about a 1/2-inch deep pocket in each block, leaving about 1/2-inch-thick sidewalls. (Save the scooped-out tofu for soup or other dishes.)

STUFF THE TOFU:

- Fill each tofu pocket with the shrimp mixture, pressing gently to secure the filling. Slightly overfill up to about a 1/2-inch above the tofu surface.
- Add diced vegetables (such as green onion or diced chili peppers) on top if desired.

COOK THE TOFU:

- Heat 2 Tablespoons olive oil in a nonstick skillet over medium-high heat.
- Place the stuffed tofu shrimp-side up and pan-fry until the bottoms are golden brown.
- Reduce the heat to medium. If the skillet is dry, add 1/4 cup water, then cover with a lid.
- Steam until the shrimp turns white-pink and is fully cooked.



COOK THE SAUCE:

- Transfer the cooked tofu to a serving plate.
- Pour the prepared sauce into the skillet with any remaining liquid.
- Cook and stir the sauce over medium heat until it has thickened.

SERVE:

- Drizzle the sauce and, if desired, a touch of sesame oil over the stuffed tofu.
- Garnish the tofu with chopped green onions for extra flavor and serve them hot.