

# Black Pepper Tofu

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-fresh-tofu-recipe>

## Ingredients:

- tofu Black Pepper, adapted from a recipe by Yotam Ottolenghi
- 1 3/4 pounds fresh tofu firm
- tofu
- cornflour
- vegetable oil for frying
- 8 tablespoons butter 1 stick
- 12 shallots small, 350g, peeled and thinly sliced
- 4 red chillies thinly sliced
- 12 garlic cloves crushed
- 3 tablespoons ginger chopped
- 4 tablespoons black peppercorns crushed
- 3 tablespoons sweet soy sauce
- 3 tablespoons light soy sauce
- 4 teaspoons dark soy sauce
- 2 tablespoons caster sugar superfine sugar
- 16 spring onions small, thin, cut into segments 3cm long
- jasmine rice for serving

## Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 60 milligrams
4. Fat: 28 grams
5. Fiber: 5 grams
6. Protein: 16 grams
7. SaturatedFat: 15 grams
8. Sodium: 1950 milligrams
9. Sugar: 7 grams

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