EGG TOFU

Egg tofu is a versatile ingredient with a silky texture and mild flavor that pairs well with many dishes. It's a great source of protein, especially for vegetarians, and contains essential nutrients like calcium, iron, and vitamin B12. The mild flavour allows it to pair beautifully with a variety of ingredients and sauces, serving as an excellent canvas for creative culinary endeavours.

4 servings

45 minutes

INGREDIENTS

- 3 large eggs
- 1 cup unsweetened soy milk
- 1 tsp salt
- 1 tsp sesame oil (optional)

DIRECTIONS

1. Preheat the oven to 375°F and prepare a small loaf or cake pan by greasing it with non-stick cooking spray (preferably canola or vegetable).
2. In a bowl, whisk together eggs and salt, then slowly whisk in soy milk and sesame oil as well (if using) until completely incorporated.
3. Pour the egg mixture through a strainer to catch any protein strands and into the prepared pan. Discard any egg strands caught in the strainer. Lightly tap the pan or skim the top of the mixture to pop any air bubbles.
4. Cover with aluminum foil and cook in a warm water bath in the preheated oven for approximately 20 to 30 minutes or until it is set (this will depend on how thick a pan of egg tofu is being made).

MEET CHEF WINNIE CHEN

Winnie Chen is a partner and chef at Fu's Repair Shop in Edmonton, named the best new restaurant by Edify and one of Canada's best new restaurants by Enroute magazine. Beginning her culinary journey at 19 as a part-time line cook, she was guided by her mentors to respect ingredients and cook uninhibitedly. Exposure to events and festivals fostered her appreciation for the enjoyable aspects of culinary arts, which now influences how she runs her kitchen.

FU'S REPAIR SHOP