

# Non-Spicy Mapo-Tofu

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辛くない麻婆豆腐

## ● Ingredients (servings 2)

7 oz. (half pack) firm Tofu

½ lb. ground Chicken

1 tsp. minced Garlic (about 1 clove)

1 tsp. minced Ginger

2 Tbsp. Vegetable Oil

1 cup low-sodium Chicken Broth

2 Tbsp. Soy Sauce

1 Tbsp. Cooking Sake

1 Tbsp. Potato Starch or Corn Starch (for slurry)

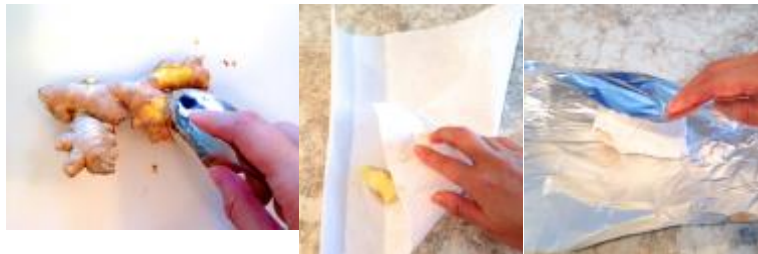
2 Tbsp. water (for slurry)

1 tsp. Sesame Oil

## ● Cook Chicken



Heat 2 Tbsp. of vegetable oil over medium heat in a pan and cook 1 tsp. of minced garlic and 1 tsp. of minced ginger for about 2 minutes.



*To store ginger, at first wrap the peeled ginger with a paper towel and then wrap with aluminum foil. Keep in the freezer.*



Once the garlic and the ginger are aromatic, add ½ lb. of ground chicken, cook and crumble over medium heat until the meat gets light brown in color.



When the chicken cooks through, add 1 cup of low-sodium chicken broth, 2 Tbsp. of soy sauce and 1 Tbsp. of cooking Sake. Stir over medium heat until it comes to a boil.



- Add Tofu



Cut 7 oz. of firm tofu into bite-size pieces.



When the pan boils, add the cut tofu to the pan.

## ● Slurry



In a small bowl, combine 1 Tbsp. of potato starch or corn starch and 2 Tbsp. of water. Whisk well.



Add the slurry slowly to the pan. Stir until it boils.



Once it boils, simmer over medium-low heat for about 4 minutes.



After the 4 minutes, turn the heat off and add 1 tsp. of sesame oil. This makes the dish extra delicious.

Sprinkle some chopped green onion to taste.  
Enjoy!!

