

Chinese Renal Kitchen - Mapo Tofu

 Servings: 6



Nutrient Analysis Per Serving:

Protein:	18 g
Carbohydrates:	7 g
Fat:	22 g
Potassium:	301 mg
Phosphorus:	200 mg
Sodium:	193 mg

**The original recipe was taken from the Chinese Renal Kitchen: Cookbook for People Living with A Special Diet for Kidneys, Renal Department, St. Paul's Hospital, Vancouver, BC, 1998.*

Note: This handout does not replace consultation with your kidney dietitian or health care provider.

Ingredients:

Ground pork, lean or medium	~ 1/2 pound or 250 grams
Garlic, cloves, finely chopped	4 cloves
Dried Sichuan peppercorn	2 tablespoons
Dried red chili	1 tablespoon, or to spice tolerance
Tofu, medium-firm, cut into 1 cm cubes	700 grams
Green onion, chopped	2 stalks
Vegetables oil	2 tablespoons or 10 mL

Marinade:

Vegetables oil	1 tablespoon or 15 mL
Low sodium soy sauce	2 teaspoons or 10 mL
Chinese cooking wine	2 teaspoons or 10 mL
Sesame oil	2 teaspoons or 10 mL
Sugar	1 teaspoon or 5 mL

Sauce:

Low sodium soy sauce	2 teaspoons or 10 mL
Sesame oil	2 teaspoons or 10 mL
Water	6 tablespoons or 90 mL
Corn starch	1 tablespoon or 15 mL

Methods

- 1 Combine marinade ingredients. Add ground pork. Let marinate about 15 minutes.
- 2 Combine sauce ingredients. Set aside.
- 3 Heat vegetable oil in wok or frying pan. Add dried Sichuan peppercorn. Stir-fry for 1-2 minutes until fragrant. Remove peppercorns from the oil and add the fragrant peppercorns to the sauce ingredients to let steep or "bloom".
- 4 In a wok with the fragrant oil, add ground pork and stir-fry until pork is cooked. Add tofu. Stir-fry gently to heat.
- 5 Remove Sichuan peppercorns from sauce mixture. Stir up the sauce mixture, and add to pork/tofu mixture while stirring constantly until sauce thickens.
- 6 Garnish with chopped green onions.