

Egg Cloud Over Tomato Tofu

October

Makes 4 servings

Seasonings

1/4 cup	ketchup
1/4 cup	soup stock
1 tbsp	hoisin sauce
2 tsp	soy sauce
1 tsp	sesame oil
3 tbsp	cooking oil, divided
2	egg whites, lightly beaten
2 tsp	chopped ginger
3	heirloom tomatoes, peeled and diced
1/2 pkg (about 8 oz)	silken tofu, drained and diced
2 tsp	cornstarch dissolved in 4 tsp water

Combine seasonings in a bowl; set aside. Heat oil in a frying pan over medium-high heat. Add beaten egg whites; cook until eggs are set. Carefully remove egg “cloud” to a serving plate. Heat remaining tablespoon oil (if needed) over medium heat. Add ginger and diced tomatoes. Gently add drained diced tofu; simmer for 2 minutes. Add seasonings; carefully mix to combine. Add cornstarch solution; cook, stirring, until slightly thickened. Pour tomato-tofu mixture over egg cloud.

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