

Tofu Chawan-mushi with Minced Chicken Ankake

Serves 2

Ingredients

- Silken tofu – 1 block (about 350 g)
- Salt – a pinch

For the egg custard

- Eggs – 2
- Water – 120 ml
- Salt – ¼ tsp
- Sake – 1 T

For the minced chicken sauce

- Minced chicken – 50 g
- Scallion – 25 g, finely sliced
- Dashi – 240 ml
- Low-sodium soy sauce – 1 T

To thicken

- Potato starch – 2 tsp
- Water – 2 T

Instructions

1. Prepare the tofu:

- Tear the **tofu** into large, rustic pieces by hand.
- Lightly sprinkle with **salt** and allow to drain briefly.
- Arrange in a heatproof bowl about 18 cm in diameter and 8 cm deep.

2. Make the egg custard:

- In a bowl, combine the **eggs, water, salt,** and **sake**.
- Mix gently without incorporating air, then strain through a fine sieve to ensure a smooth custard.
- Carefully pour over the tofu.

3. Set up for steaming:

- Place a folded kitchen cloth in the bottom of a large pot.
- Set the bowl on top and add **hot water** to reach about 3 cm up the sides of the bowl.

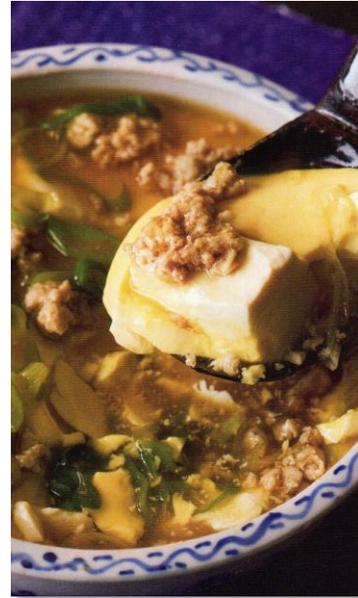
4. Steam:

- Bring the water to a boil over **medium-high heat**.
- Once boiling, cover the pot, **reduce to low heat**, and steam gently for **about 8 minutes**.

5. Rest and finish setting:

- Turn off the heat and **leave the bowl covered** in the pot for **about 20 minutes**. The residual heat will gently finish cooking the custard.

6. Prepare the ankake sauce:



- In a frying pan, bring the **dashi** to a **simmer**.
- Add the minced **chicken** and break it up with chopsticks or a spoon.
- Skim off any foam, then add the **scallions**.

7. Season and thicken:

- Season with **soy sauce**.
- Stir in the **potato starch** slurry while stirring gently, and cook until the sauce thickens to a glossy consistency.

8. Serve:

- Spoon the hot minced chicken sauce over the steamed tofu and serve immediately.

Nutrition (per serving): approx. 243 kcal | Protein 18 g | Fat 12 g | Sodium ~2.9 g

豆腐の大鉢茶碗蒸し 肉そぼろあんかけ

2人分

材料

- 絹ごし豆腐 1丁 (約 350g)
- 塩 少々

〈溶き卵〉

- 卵 2個
- 水 1/2 カップ
- 塩 小さじ 1/3
- 酒 大さじ 1

〈肉そぼろあん〉

- 鶏ひき肉 50g
- ねぎ 1/4 本
- だし汁 1 カップ
- しょうゆ 大さじ 1

〈水溶き片栗粉〉

- 片栗粉 小さじ 2
- 水 大さじ 2

作り方

- 1 豆腐は手で大きめにちぎり、軽く塩をふって水けをきり、耐熱の器（直径 18cm・高さ 8cm 程度）に入れる。
- 2 溶き卵の材料を混ぜ、ざるでこして器に静かに注ぐ。
- 3 大きめの鍋にふきんを敷いて器を置き、鍋の高さ 3cm ほどまで湯を張る。
- 4 強めの中火にかけ、沸騰したらふたをして弱火にし、8分ほど蒸す。
- 5 火を止め、そのまま 20分ほどおいて余熱で火を通す。
- 6 フライパンにだし汁を入れて中火にかけ、煮立ったら鶏ひき肉を加えてほぐす。アクを取り、ねぎを加える。
- 7 しょうゆで味を調べ、水溶き片栗粉を回し入れてとろみをつける。
- 8 蒸し上がった豆腐にあんをかけて仕上げる。

