Air Fried Bean Curd Sheet with Vegetables

This is a very simple and yet fulfilling Asian inspired dish using air fried bean curd sheet, a great alternative for substituting meat.
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Where can you find bean curd sheet?

Since we moved, every time I go visit my mom I have to stop by an Asian grocery store and stock up with lots of fresh vegetables, refrigerated and frozen food. It is true that we have Asian market in the area, but I always feel that it is not as abundant and fresh as in the areas where are more populated by Asians, supply and demand...

One of my favorite item is the fresh bean curd sheet, which is found in the refrigerator section...I discovered that it can perish fast and a great way to preserve is by using the air fryer. Once the bean curd sheets are “baked” in the air fryer and the moist removed it can be stored in the refrigerator or freezer for much longer time.

The bean curd sheet is so Asian, what I mean without any discrimination is that you need to acquire the taste for it…and I was so surprised that my husband really enjoys it...the texture is very different from the regular tofu, and I am not talking about soft, regular or firm...the bean curd sheet is somehow stretchy, slightly chewy and can absorb a lot of flavor.

I hope you get a chance to try it...you will find it very different and interesting.

Let’s start cooking...

Ingredients:

1 package fresh bean curd sheet

1 inch fresh ginger cut into thin strips

2 cups water

\( \frac{1}{4} \) cup soy sauce

1 tablespoon sugar
Method:

Pat dry the bean curd sheet and cut into 1 inch wide. Randomly separate the layers and place in the 325-350F preheated air fryer for about 15 to 20 minutes, until the bean curd sheets are golden brown and crispy. Shake the basket every so often to prevent the sheets from sticking together.

Once the bean curd sheets are ready, remove from the air fryer and set aside. Place all the other ingredients in a medium pot. Bring to boil then add the air fried bean curd sheet. Bring to boil and turn the heat to simmer.

As the air fried bean curd sheets absorb the sauce it will shrink. Simmer for about 15 minutes, if needed add more water,
salt and pepper.

Remove from the heat.

At this point, it can be served as it is or added to any stir-fry vegetable.
— More recipes with soybean curd?

Yes, if you enjoy this simple and easy vegetarian item, you might want to take a look at Tofu Fa recipe which is a dessert made with soft bean curd.
Did you know that bean curd sheet is a film form from boiling soy milk? The film is similar to the film formed when boiling milk. The soy milk film is then accumulated and dried acquiring a yellowish color, unlike the soy milk. Bean curd sheet is also called bean curd skin or tofu skin.

*Thanks for visiting Color Your Recipes,*

*have a colorful week!*