



 **42%**
HEALTH SCORE

Ma Po Tofu

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaves
- 0.5 cup vinegar black chinese as needed plus more
- 4 pound pork shoulder boneless cut into 1-inch cubes
- 1 cardamom
- 8 servings chili oil as needed
- 8 servings rice white steamed
- 0.7 cup t brown sugar dark as needed packed plus more
- 2 ounces chili peppers dried

- 2 tablespoons fermented black beans finely chopped
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 0.3 cup ginger fresh minced peeled (1 [3- to 4-inch] piece)
- 0.3 cup garlic fresh minced ()
- 0.3 cup kosher salt
- 4 ounces mushrooms trimmed
- 2 tablespoons peppercorns
- 2 spring onion light white green thinly sliced (and parts only)
- 1 cup rice wine
- 2 tablespoons soya sauce as needed plus more
- 0.3 cup star anise
- 2 pound spicy tofu soft drained cut into 1-inch cubes
- 3 tablespoons tomato paste
- 2 cups water
- 0.3 cup vinegar white as needed plus more

Equipment

- bowl
- frying pan
- baking sheet
- oven
- dutch oven
- colander
- meat grinder

Directions

- For the marinade:1
- Place all ingredients in a large bowl and stir to evenly coat the pork. Cover and refrigerate for at least 2 hours and up to 4 hours.For the sauce:1

- Heat the oven to 400F and arrange a rack in the middle.
- Place the chiles in a single layer on a baking sheet and toast until slightly darkened and fragrant, about 3 to 5 minutes.
- Let cool completely. Using a spice grinder or clean coffee grinder, grind the chiles into a fine powder.
- Transfer to a medium bowl. Grind the star anise pods along with the Sichuan peppercorns into a fine powder and add to the chiles; set aside.²When the pork is ready, set a colander over a large bowl and transfer the pork and marinade mixture to the colander. Set the marinade aside. Using a meat grinder fitted with a coarse (1/4-inch) dye, grind the pork into a large Dutch oven or a heavy-bottomed pot with a tightfitting lid.³
- Add the ground spice mixture, reserved marinade, brown sugar, salt, water, bay leaf, and cardamom pod to the ground pork and stir to combine. Bring to a simmer over medium-high heat, then reduce the heat to medium and simmer, stirring occasionally, until the meat is no longer pink, about 15 minutes. Reduce the heat to low, cover, and simmer until the flavors have melded, about 2 hours, stirring every half hour. Meanwhile, place the vinegar, garlic, ginger, tomato paste, fermented black beans, and soy sauce in a medium bowl and stir to combine; set aside.⁴When the pork is ready, remove from heat, add the reserved black bean mixture and the mushrooms, and stir to combine. Taste and season with chile oil, additional soy sauce, brown sugar, and black or white vinegar as needed to balance the flavors. (At this point, you can cool the sauce completely, then transfer it to a container with a tightfitting lid and freeze it for up to 1 month.)To serve:¹
- Place 3 cups of the sauce in a large frying pan over medium-high heat until simmering.
- Add the tofu, stir gently to combine, and simmer until the tofu is heated through, about 3 minutes.²
- Transfer to a serving bowl, garnish with cilantro and scallions, and serve with steamed rice.
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Nutrition Facts



Properties

Glycemic Index:58.38, Glycemic Load:25.66, Inflammation Score:-9, Nutrition Score:42.237391272317%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 807.84kcal (40.39%), Fat: 29.14g (44.83%), Saturated Fat: 5.21g (32.55%), Carbohydrates: 59.3g (19.77%), Net Carbohydrates: 53.25g (19.36%), Sugar: 22.48g (24.97%), Cholesterol: 136.08mg (45.36%), Sodium: 5162.25mg (224.45%), Alcohol: 4.83g (100%), Alcohol %: 0.97% (100%), Protein: 68.45g (136.9%), Vitamin B3: 23.93mg (119.64%), Vitamin B1: 1.54mg (102.76%), Selenium: 68.27µg (97.52%), Vitamin B6: 1.93mg (96.41%), Vitamin B2: 1.26mg (74%), Phosphorus: 636.73mg (63.67%), Manganese: 1.19mg (59.51%), Iron: 7.8mg (43.34%), Vitamin A: 2043.29IU (40.87%), Potassium: 1347.32mg (38.49%), Zinc: 5.56mg (37.05%), Vitamin B12: 1.98µg (32.98%), Vitamin B5: 2.99mg (29.93%), Calcium: 266.23mg (26.62%), Magnesium: 105.09mg (26.27%), Vitamin K: 27.47µg (26.16%), Fiber: 6.05g (24.18%), Copper: 0.47mg (23.28%), Vitamin E: 2.77mg (18.45%), Vitamin C: 7.51mg (9.11%), Folate: 13.73µg (3.43%)