



seafood taufoo chowder

NIBBLEDISH CONTRIBUTOR

Ingredients

10 prawns-shelled
1 piece Dory fish fillet-cut into few pieces
1 tomato-chopped
1 french onion-chopped
1 tsp chopped garlic
1/2 red chilly chopped
salt and pepper
1 tsp sugar
1/2 cup water or stock
1/2 broccoli-cut smaller
1 tsp cornflour +3 tbsp water
1 japanese egg taufoo-cut 6 pieces

Instructions

1. Heat pan with 3 tbsp oil and fry taufoo which has been coated with little cornflour till golden, Dish and leave aside.
2. Add chopped ingredients in oil and saute till aroma. Add prawns and fish and broccoli, Stir well.
3. Season with salt and pepper and sugar. Add water and simmer till cook. Add cornstarch to thicken sauce. Return taufoo and mix slightly. Serve hot with rice