

Ló Chhài-Thâu Tāu-Hū Khòng-Buh (Taiwanese-Style Braised Radish, Tofu, and Kelp)

Featuring Kelp

This recipe is a flavorful dish with tofu, radish, and kelp (kombu) braised in a classic Taiwanese sauce. Both kelp and soy sauce add umami to this traditional recipe. It's especially good served with rice or noodles or as an appetizer.

Ingredients:

2 ounces (57 grams; about 6 sheets) dried kelp (kombu)
1 tablespoon canola oil
1/2-inch piece ginger, thinly sliced
1 star anise
1 cinnamon stick
1/4 cup low-sodium soy sauce
2 tablespoons sugar
3 cups water + more for soaking kelp
1 medium (about 1 pound) white daikon radish, peeled, and cut into 1 1/2 -inch thick half moon pieces
1 (8-ounce) package five spice tofu, cut in half (may substitute with extra -firm tofu, cut into 2 x 2 x 1-inch pieces)
5 sprigs (about 2 tablespoons) fresh cilantro, leaves and stems, coarsely chopped (optional)

Instructions:

- 1 In a large dish or bowl, fully submerge the dried kelp in cold water and soak for 10 minutes. Once pliable, remove sheets from water, and cut them crosswise into 3-inch long pieces. Fold each piece into 1-inch wide strips. Make three stacks of 4-5 strips and secure them together by skewering with a toothpick. Alternatively, you can tie kitchen twine around each stack of kelp. The soaking water for the kelp can be saved to use in soups or sauces later.
- 2 In a medium saucepan, heat canola oil with the sliced ginger, star anise, and cinnamon stick over medium-low heat until the ginger is fragrant, about 1 minute. Add the soy sauce, sugar, and water, then stir and add the prepared kelp, radish, and tofu. Bring to a simmer over medium-low heat, cover, and cook for 20 minutes. Stir periodically to ensure the ingredients are submerged in the braising liquid.
- 3 To serve, remove toothpicks or twine from the braised kelp and cut each strip into 1/2-inch ribbons. Cut the braised five spice tofu into 1/4-inch thick slices (or serve as is if using extra firm tofu). Transfer the tofu, radish, and kelp onto a platter and top with 1 tablespoon of braising liquid and cilantro, if using.

Makes 4 servings

Prep Time: 15 min.

Cooking Time: 25 min.

Total Time: 40 min.

Recipe Author

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is the Taiwanese-American chef, dietitian, and cooking video expert behind The Sound of Cooking®, where she shares Taiwanese recipes and other East Asian cuisine-inspired dishes with cooking videos that highlight familiar cooking sounds in the kitchen.

Notes:

- 1 Five spice tofu (sometimes labeled as "marinated/spiced bean curd" or "dry tofu") can be found online or at your local Asian grocery store in the refrigerated section where other tofu products are located. Extra-firm or medium-firm tofu may be used as a substitute, though the flavor will be lighter.

Nutritional information (per serving):

179 calories, 7 g fat, 1 g saturated fat, 763 mg sodium, 16 g carbohydrate, 12 mg cholesterol, 4 g total sugar, 5 g fiber, 13 g protein