

Chinese Vegetarian Chicken

<http://userealbutter.com/2007/10/26/chinese-vegetarian-chicken-recipe/>

1/2 cup shitake mushrooms, stems removed and tops sliced thin
1/2 cup bamboo shoots, sliced into strips
1 pkg dried tofu skin sheets
1/2 cup soy sauce
dash sesame oil
1/4 cup sugar
1/2 cup water
3 tbsps vegetable oil

If you make the recipe with vegetables, stir fry the mushrooms and bamboo shoots together in a tbsp of vegetable oil and set aside.

In a saucepan, combine the soy sauce and sugar. Stir until dissolved and bring to boil. Remove from heat and add sesame oil and 1/2 cup water.

Let the package of tofu sheets thaw. Select out the whole, untorn sheets. You will need two whole sheets for each loaf you plan to make. You can trim the “good” whole sheets to the largest possible rectangle with scissors and set the trimmings aside with the torn sheets. Rinse the trimmings and torn sheets under cold water and squeeze them out. Soak the wet tofu sheets in the sauce and mix well for even soaking.

Take a clean, damp cloth and wipe down the whole sheets. Place two sheets on a clean work surface. Grab a handful of the soaking tofu sheets and wipe down both sides of a whole sheet with the filling (to get the good flavor on it). Place a pile of the soaked filling near the edge closest to you on the whole sheet. Add vegetables on top and place more soaked filling on top and wrap it around the vegetables to keep them centered. Reserve the sauce. Fold the sheet over the filling, wrapping it into a tight, rectangular package. Fold with the second sheet the same way. Seal the edge by wiping cornstarch along the edge and folding it onto the damp tofu skin. If you have more material, make another.

Heat vegetable oil on medium high in a pan large enough to accommodate the packets. Sear the packets on both sides for a few minutes. Poke holes in the sides. Pour the remaining sauce over the loaves and cover the pan. Allow the tofu to simmer on medium to low heat for 4-5 minutes, flip, and simmer another 3-4 minutes. Remove from pan. You can serve sliced, hot or cold, but I think slicing is much easier when it is cooled.