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Yong Tau Foo (stuffed bean curd) is a Chinese dish with Hakka origins. It originated in the early 1960s as tofu stuffed with a meat paste of pork or fish.

It is traditionally served in a clear soup with various tofu and vegetables, like lady fingers, brinjal, chili, bittergourd, all stuffed with fish paste. Sometimes, people choose to add cuttlefish, sausages, fishballs and crabsticks to the mix. Essential accompaniments are spicy chili sauce and a distinctive sweet brown bean sauce.