

# STORY OF TOFU

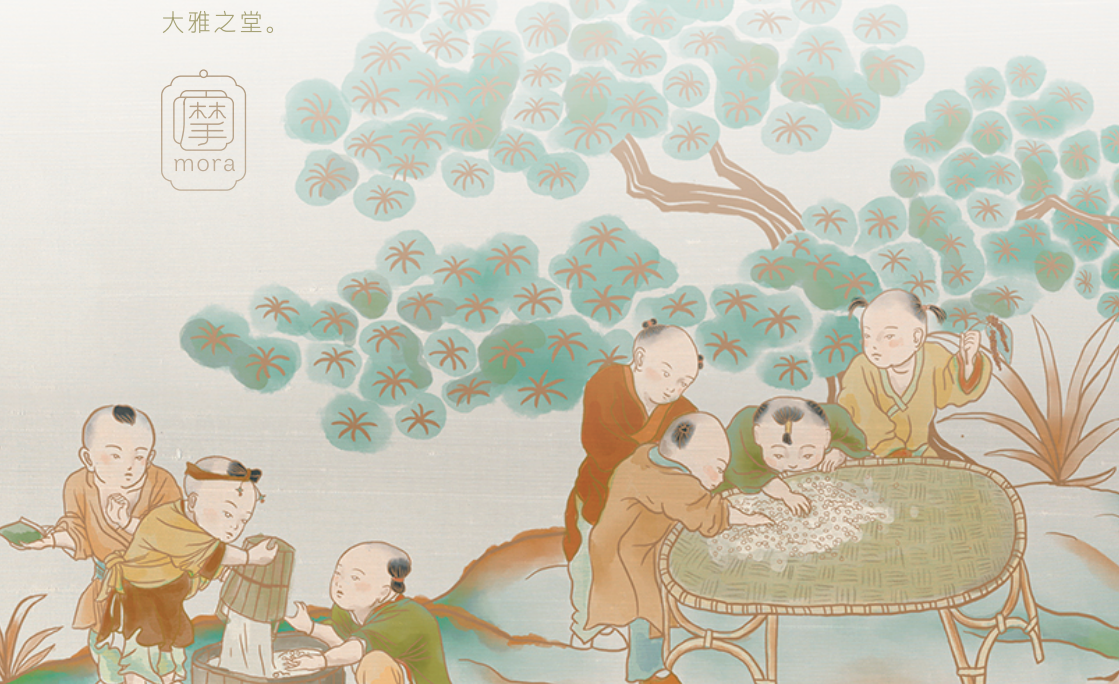
The origin of tofu dates back to over two millennia ago in China. During the Han Dynasty, Emperor Liu Bang's seventh son, Liu An accidentally added gypsum into a mixture of yellow soy beans in the water. The curdling effect that took place resulted in the unplanned invention of the world's first tofu.

Since the creation of tofu, the Emperor continued to develop and refine the taste, quality and consistency of tofu through personal experiments and workshops. Liu An's mission was to pass on the knowledge of tofu-making through the generations to come. During the Song Dynasty (960-1279 AD), tofu had already become a widespread household staple ingredient, and was extremely popular among the working class. During the Ming Dynasty (1368-1644 AD), tofu was considered the food of royals, and would be regularly served on the tables of elites and monarchs.

## 豆腐的起源

豆腐的起源，可追溯至公元前二世紀的西漢時代。當時漢高祖劉邦第七名兒子、淮南王劉安於煉丹之際，不慎將石膏混入黃豆水中，奇妙的化學作用讓劉安誤打誤撞發明了史上第一磚豆腐。

自此，這位一國之君開始專注改良豆腐的味道、質素及生產技術，更設立了豆腐工作坊，務求將豆腐發揚光大。劉安並將豆腐的製作技巧授予老百姓，期望新研發的美食能代代相傳。到了宋朝，豆腐已成為民間美食，然而僅於低下階層之間流行；及至明朝，這種食材才再登大雅之堂。



# CHARACTERS of SOY

25<sup>th</sup> April 2024, Hong Kong

*A Soy Experience by Chef Vicky Lau, Chef Fai Choi*

« Together celebrate Earth day with Feeding HK, Annoushka and Mora »

Savoury Soy Milk with Geoduck and Clam Jus  
Condiments of Dried Scallop, Crispy Millet, and Preserved Turnip  
咸豆漿配象拔蚌和蛤蜊湯，乾瑤柱，脆小米，菜圃



Bean Curd Skin Tart with Cherry Tomatoes,  
Strawberries, Soy Ricotta, and Chinese Plum Pesto  
豆腐皮撻配櫻桃番茄，草莓，豆乳芝士，酸梅青醬



*\*Udon Noodle in Soy Milk Lobster Bouillon*  
龍蝦豆乳湯冷烏冬麵



Soybean Flour Scallop Ravioli with Seaweed Sauce,  
Pickled Radish, and Crispy Tofu Skin  
帶子黃豆粉義大利餃子配海藻汁，醃漬蘿蔔，脆豆皮



Chicken and Tofu Roulade with Yellow Wine Sauce,  
Swiss Chard, and Barley Salad  
三黃雞豆腐卷配黃酒汁，瑞士甜菜，珍珠薏米沙律



Figs Compote with Soy Yogurt Ice Cream,  
Coconut Foam, and Shiso  
無花果蜜餞配大豆奶酪雪糕，椰汁泡沫，紫蘇

*Annoushka*

