

Tofu Matcha Healthy Fluffy Pancake with Maple Passion Fruit Sauce



<Ingredients (1 serve, 6-7 layer)>

<Batter>

- 1 Egg yolk
- 50ml Milk
- 60g Plain flour
- 3g Baking powder
- 2 tsp Green tea powder
- 1 pinch Salt
- 4 heap tsp Sugar
- 1 pack Fortune Chinese Tofu DHA Omega3

<Meringue>

- 1 Egg white
- 1 tsp Sugar

1 pinch Salt

<Whipped cream>

100ml Cooking thickened cream

1 Tbsp Sugar

<Maple passion fruit sauce>

1 Passion fruit

Maple syrup



<Garnish (option)>

Star fruit

<**Method**>

1. **Prepare the elements**

<for the batter>

Sieve the flour, baking powder and green tea powder through fine mesh.

Wrap the tofu up with clean kitchen papers and remove excess water



<for Meringue>

Combine egg white, salt and half of sugar in a deep, completely clean and grease-free bowl. Using an electric hand mixer, stir on low speed until mixture becomes foamy.

Increase speed to high, gradually add sugar, stirring. Keep stirring until the sugar is dissolved. Beat until mixture is thick and shiny. Mixture should have stiff peaks and sugar should be completely dissolved (you can test this by rubbing a small bit of the mixture between your fingers, if it feels gritty, the sugar isn't dissolved)

<for whipped cream>

Combine thickened cream and sugar in a bowl. Whip until mixture has stiff peaks and shiny.

<for passion fruit saue>

Spoon the seeds of passion fruit and combine with maple syrup.

2. **Make the batter**

Combine egg yolk and milk in a deep bowl, add the dry ingredients (sieved flours and salt).

Beat until mostly mixed and add the tofu. Beat using an electric hand mixer until mostly mixed. Make sure, still some little chunks remain.*



Add the meringue and combine gently not to squeeze the foam of meringue out*.



*This is the key for making fluffy pan cake

2. Bake the batter

Heat the non-stick frying pan on high heat and ladle the batter. Once some bubbles show up from the surface, flip the batter over and bake on low heat until thoroughly cooked. Repeat same method.

3. Plate presentation

Pile the pancakes and drizzle the decent amount of maple passion fruit sauce over. Put whipped cream on the top and garnish the sliced star fruit.