

## Fukubukuro

### Stuffed tofu pouches

“Fuku” means happiness or good fortune

“Bukuro” means bag or pouch.

They look like little money pouches and are like lucky bags!

8 deep fried tofu pouches (aburaage), cut in half the short way

½ oz. dried gourd strips (kampyo)

4 oz. ground chicken or turkey

1 large carrot, peeled and cut into julienne strips

4 dried shiitake mushrooms

4 oz. bean sprouts

1” slice of a block of tofu, drained and cut into tiny cubes

1” round slice of a big daikon, peeled and diced

#### Cooking broth A:

½ cup dashi stock (I use ratio of 1 tsp. Hondashi with 3 cups of water)

2 T. mirin (sweet cooking sake)

2 T. soy sauce

#### Cooking broth B:

2 ½ cup dashi stock

2 T. sugar

1 T. mirin

4 T. soy sauce

½ t. salt

- In a large saucepan, boil 3 cups of water. Put in tofu pouches and cook for 20 minutes to remove excess grease. Keep pushing them down into the water. Drain well and cool.
- Soak dried gourd strips in salted water until soft. Rinse well. If they were wide I cut them in half the long way and about 10 inches long. You can parboil them if you like them soft but I did not so they are easier to tie.
- Soak shiitake mushrooms in lukewarm water until soft. Trim off stems and slice thin. Rinse bean sprouts in water; drain well.
- Mix cooking broth ingredients A in a 3-quart pan, add chicken, carrot, mushrooms, bean sprouts, daikon and tofu cubes. Cook for 15 minutes over medium heat. Drain and let it cool slightly.
- Use your thumbs to gently open the pouches. Put the meat mixture in the tofu pouches about 2/3 full which is about 1 ½ Tbsp. of filling.
- Tie them closed with the gourd strips so they look like money bags.
- In a 3-quart sauce pan, mix cooking broth B and bring to a boil. Add tofu pouches and cook for 15 minutes over medium heat or until most of the broth is gone. You can spoon broth over them as they are cooking. They are done when the kampyo is tender. And most of the broth is gone. You can serve warm with a little of the broth.
- It makes 16 pouches.
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Recipe adapted from: [A Taste of Tofu](#) by Yukiko Moriyama

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