

## Tofu With a Twist Created By Craig Koketsu

By Rocco 'Boss Hog' Loosbrock

### ***Traditional Szechuan Chinese dish with a modern twist. Mabo Tofu Gnocchi***

In today's society we have a plethora of choices with the foods that we eat. It seems that if you choose a healthy lifestyle we sacrifice those mouth watering flavors that our found in our favorite foods, which consequently might not be the best for us. I am a firm believer in having your cake and eating every delicious piece too.



I feel that people at House Foods, "Americas Tofu Specialist" feel the same way. That is why they teamed up with the Executive Chef of New York's highly praised Park Avenue Spring and Quality Meats Craig Koketsu, to develop creative recipes using tofu and [pork](#).

One recipe that was prepared at the French Culinary Institute as a demonstration was the Mabo Tofu Gnocchi. This is a traditional Szechuan Chinese dish with a modern twist. All of the original Asian flavors remain but the tofu is made in such a way that it produces gnocchi.

The flavors are then enhanced by adding flavor filled ground pork to the equation. The Pork is seasoned with a mix of sugar, soy sauce and sesame oil to give it a rich and hardy flavor. This is truly a dish that you can thoroughly enjoy that is good for you too. Remember smile when you eat!!!