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- Home
- Cooking
- Travel
- Lifestyle
- Review

Select Page

Crispy Fried Tofu Tempura Pockets Filled With Vegetables (Indonesian Tahu Isi)



Looking for a unique and delicious vegetarian dish?

Try this **Crispy Fried Tofu Tempura Pockets Filled with Vegetables** recipe! These golden, crunchy tofu pockets are stuffed with a savory vegetable filling, perfect snack or side dish.

Inspired by a popular Indonesian street food, this dish takes puff tofu to the next level by stuffing it with a flavorful mix of fresh vegetables and seasoning, then dipping it in a light, crispy tempura batter.

Whether you're craving a delicious snack or a flavorful side dish, this recipe is sure to satisfy your taste buds with its perfect balance of crunchy texture and savory goodness. Plus, it's easy to make at home, bringing restaurant-quality flavors right to your kitchen.

Did you know that this dish is a famous and beloved street snack in Indonesia, typically costing only Rp. 1,000, which is about \$0.06 USD? It's a popular choice for those looking for a quick and affordable snack on the go. Follow along with this step-by-step guide to create a mouthwatering dish that's sure to impress your family and friends!



Ingredients:

For the Filling:

- 2 Cups Cabbage (chopped)
- 1 Large Carrot (Shredded)
- 2 Stalks Green Onion (chopped)
- 8-10 Pcs Jumbo Puff Tofu
- ½ Small-Medium Onion
- 3 Garlic Cloves
- ¼ Tsp White/Black Pepper
- ¼ Tsp Salt (To Taste)
- ¼ Tsp Sugar
- ¼ Tsp Mushroom Powder

- 2 Tbs Oil

For the Batter:

- ½ Cup Plain Flour
- ½ Cup Rice Flour (for extra crispiness)
- ¼ Tsp Garlic Powder
- ½ Tsp Salt (To Taste)
- ¼ Tsp White Pepper
- ¼ Tsp Coriander Powder (Optional)
- ¼ Tsp Seasoning Powder (Optional)
- ¼ Tsp Turmeric Powder
- A Pinch of Baking Powder

Method:

1. Prepare the Filling:

- In a pan, heat 2 tablespoons of oil over medium heat.
- Add ½ small-medium onion and 3 garlic cloves (minced) to the pan and sauté until fragrant and translucent.
- Add the shredded carrot, chopped cabbage, and green onions. Stir-fry for 2-3 minutes until the vegetables are tender but still crisp.
- Season with ¼ teaspoon of white/black pepper, salt, sugar, and mushroom powder. Stir to combine and cook for another minute. Once cooked, set the vegetable mixture aside to cool.

2. Prepare the Tofu:

- Carefully slice the jumbo puff tofu into pockets by gently cutting along the edge, creating a hollow space to fill.
- Using a spoon, stuff the tofu pockets with the vegetable mixture. Be sure to pack the filling in tightly so it doesn't fall out during frying.

3. Prepare the Tempura Batter:

- In a bowl, combine ½ cup of plain flour, ½ cup of rice flour, ¼ teaspoon of garlic powder, ½ teaspoon of salt, ¼ teaspoon of white pepper, ¼ teaspoon of coriander powder (optional), ¼ teaspoon of seasoning powder (optional), and a pinch of baking powder.
- Gradually add water, stirring until the batter reaches a thick yet smooth consistency. The batter should coat the back of a spoon.
- **Alternatively**, you can use tempura batter mix or Korean flour frying mix or chicken fry mix for a quicker option, which will give the tofu a light and crispy coating.

4. Fry the Tofu:

- Heat oil in a deep pan or fryer to 350°F (175°C).
- Dip each stuffed tofu pocket into the tempura batter, making sure it's evenly coated.
- Carefully place the battered tofu pockets into the hot oil and fry for 3-4 minutes, turning occasionally, until they are golden brown and crispy.
- Once cooked, remove the tofu pockets from the oil and place them on a paper towel to drain excess oil.

Serve and Enjoy:

Serve the crispy fried tofu tempura pockets filled with vegetables hot as a snack or a side dish. Enjoy the crunchy, flavorful bite with your favorite dipping sauce!

Check out the video to see how it's done!

About Us



Hello and Welcome to our FOOD BLOGGING, TRAVEL AND COOKING site. We are family of 4 who love to cook, travel and eat spicy foods! My name is

Erwina (Er-wee-na), originally from Indonesia-Asia, husband is from England and we recently moved to America. I grew up with spicy/Indonesian food, and I want my boys to have spice tolerance. On this site we will be sharing our experience with EXOTIC FOODS, and you will see a lot of spicy foods including recipes for delicious street foods, take out & restaurant style foods that you can easily make at home, from Asian cuisines (Indonesian, Thai, Indian, Vietnamese, Korean, Chinese) to Western cuisine (American and British Foods). Welcome to our site - we're sure you'll find something delicious to make! Erwina is also A REALTOR in North Carolina, USA. Follow her: INSTAGRAM: @ErwinaAndTheboys Or @RealCoastalLife
XOXO BEAN (Benoa, Erwina, Arthur, Nigel)

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