



Tofu Pudding(Dòuhuā) 豆花

Origin

Dòuhuā is a Chinese dessert made with very soft tofu. It is also referred to as tofu pudding. The legends about the origin of Dòuhuā are divergent, but most of them are related to Huainan King in Han Dynasty named Liu An. And there are at least three different versions:

1. In order to find the elixir to live longer, Liu An accidentally found something when he was making pills of immortality: when salt lime encountered soybeans juice, they became tofu.
2. After the deluge, Liu An used the soybeans which had been soak in the wet land to make tofu.
3. Liu An used the soybeans and the edible salt lime in Chinese medicine to prepare a meal for his mother who was sick abed.

No matter whether the legends above are real or not, it is definitely that the recipe of tofu is originated from the Huainan King, Liu An. Tofu and tofu pudding are from the same ingredient, but there are different ways to make them.

Ingredients

The ingredients to make tofu pudding are easy to get, all you need are soybeans, water, and coagulant. And usually the coagulants are bittern or gessoes. However, the tofu pudding in Taiwan usually uses seaweed powder since the soybeans in Taiwan are less juicy. And the volume of water affects how it tastes. Usually, the tofu pudding in Taiwan tastes much softer than in northern China.

Feature

In Taiwanese cuisine, Dòuhuā is usually covered with various toppings such as pearls, peanuts, taro dumplings, adzuki beans, mung beans, and so on. Most time, people can choose whatever they like. Traditionally, it will served with syrup and crushed ice in summer, and in the winter, it is served warm and with syrup flavored ginger.