

New Year's Eve reunion is a big day to get together, sending off the old and welcoming the new. The following dish is not only full of this meaning, but also using low-fat cooking methods and ingredients. Wishing you all the best and good health in the coming year.



Celebrating the New Year with Gold and Jade (Stuffed hairy gourd with dried scallop and egg tofu)

Nutrient Analysis: (Per serving)

Energy (kcal)	99
Carbohydrate (g)	5
Protein (g)	8
Fat (g)	5
Dietary fibre (g)	3
Sodium (mg)	547



Ingredients: (Serves 4)

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|------------------|----------------------|
| 1. Dried Scallop | 2 pcs. (approx. 10g) |
| 2. Hairy gourd | 12 taels (480g) |
| 3. Egg tofu | 3 pcs. (300g) |
| 4. Salt | 1/8 tsp |

Thickening:

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|-----------------|---------|
| 1. Oyster sauce | 1 tbsp |
| 2. Soy sauce | 1 tsp |
| 3. Sugar | 1 tsp |
| 4. Cornstarch | 1 tsp |
| 5. Water | 1 cup |
| 6. Sesame oil | 1/2 tsp |

Method:

1. Rinse and soak the dried scallop until soft. Shred before cooking.
2. Peel and rinse the hairy gourd. Cut into ring shape with 1.5 cm thick. Core it to approximately the diameter of the egg tofu. Blanch the hairy gourd in boiling water until it is half-cooked.
3. Cut the egg tofu into 1.5 cm thick and put into the hairy gourd ring. Place them on a plate and sprinkle the dried scallop and 1/8 tsp salt. Steam for 12 minutes.
4. Mix the thickening sauce with 1 cup water. Bring the sauce to boil and pour over the hairy gourd.

Notes for Special Diets:

- ✓ Low-Salt Diet: Do not use soy sauce in the thickening.
- ✓ Low-Purine Diet: Avoid using dried scallop. Replace with a whisked egg in thickening sauce in Step 4.

