

50 HERTZ TINGLY RECIPES

Why there's more than one way writing about

Tamlyn Currin Wine



In the space of a couple of weeks, the Jancis Robinson.com editorial inbox received three

with transcribing tasting notes from her hieroglyphic shorthand, I found myself typing up a tasting note for a

multidimensional sphere, to finally come across someone who identified Albariño as cuboid and Chardonnay as cylindrical.

"Whilst I'm certainly not questioning her palate, Tamlyn has to be giving the mickey out of us with some of her tasting notes in the champagne area."

He was particularly offended by the way I described a wine's acidity by its shape, which I perceived as a four-cornered, developed arrow of piercing the finish. Or, as a Switzer wrote in a note

I had a piano teacher growing up. She was 75 and parchment thin, very strict, always disapproving. I didn't practise my scales, and my fingers were

It was Mary Hesse who argued that metaphor is more than decorative, that it has "cognitive applications whose nature is a proper subject of philosophical inquiry." I have a vested interest in the way she writes. The way she writes so

# HOT - TINGLY - SOUR SILKEN TOFU



Taste of Sichuan



This popular Sichuan street snack can be your quick, delicious, healthy lunch option.

Fuchsia Dunlop shares a simple, delicious

and on a popular Chengdu street snack

In I want to rustle up a delicious, healthy lunch without taking too much time, I often find myself preparing a versatile, quick, and easy snack. It's based on a popular street snack, sour-and-hot silken tofu, which is used to be sold by street vendors in red and black wooden trays. They would serve you a portion of tofu from one barrel and seasonings and garnishes in the other.

When it comes to the avocado, which is not a traditional Chinese ingredient, I first tried it in a Sichuan street snack with silken tofu on a visit to Chengdu in the early 2000s. It was a revelation: the creamy flesh of the fruit turned out to be the perfect accompaniment to the tofu, with its echoing softness and silkiness. It's a match I've enjoyed ever since.

In this recipe you'll find exact measurements, but it's intended more as a template than a prescription. You can warm the tofu as instructed or simply

serve it cold, or, if you like, you could add a little runny sesame oil to the garnishes. I always include

and something crunchy. In Sichuan, the crunchy bits are usually fried noodle dough, fried potato, and deep-fried soybeans; at home, I use a mix of fried or toasted nuts and seeds. Sichuanese zhacai (preserved vegetable) has a unique, slightly bitter taste and can be found in sachets in most Chinese food shops, but sometimes I've substituted home-made preserved vegetable. If I can't find silken tofu, I've occasionally used cubes of plain white tofu, warmed in boiling water. What is pleasing is the contrast of colours and textures, and the way the seasonings and garnishes electrify the mild, milky tofu.

### Hot silken tofu with avocado — niuyougou suanla douhua

A couple of pinches of ground roasted Sichuan pepper or ½ tsp Sichuan pepper oil (optional)  
A small handful of Bombay mix or your choice of fried or roasted nuts or seeds

**Method**  
1. Bring some water to the boil in a small saucepan. Use a spoon to scoop large masses of tofu into the water and heat gently for five to 10 minutes to warm it through.  
2. Chop the preserved vegetable and

spring onions and assemble the seasonings. Cut the avocado in half, remove the stone and cut one half, still in its peel, into 1-2cm cubes.  
3. When the tofu is ready, gently remove it from the water with a slotted spoon and transfer to a serving dish, draining as much water as possible.  
4. Spoon all the seasonings over the tofu. Scoop out the avocado and place them on top. Add the preserved vegetable, spring onion, and Bombay mix. Mix everything together before eating.



50HERTZ SICHUAN PEPPER

...research that wine is an individual... myriad of complex anatomical and psychological factors. The simple truth is that many wine experts prefer to say that there is no such thing as pure objectivity when it comes to reviewing wine. By extension, there is no such thing as a right or wrong... metaphor came more than 15 years ago that it is more important to describe the shape of the wine in your mouth than to list flavours. Back when I was tasked

...wrote... on his experience learning to identify wine blind, not through the tried-and-tested matrices of BLIC — balance, length, intensity, complexity — but through the perceived shape of the wine in the mouth based on acidity. It was both revelatory and liberating for me, who tastes in a multisensory,

...way my fellow wine writers do, but with our different voices, we can reach more people. The world is big enough for us all.  
Tamlyn Currin is sustainability editor and staff writer at jancisrobinson.com. Jancis Robinson is away. More columns at ft.com/jancis-robinson



## HOT-TINGLY-SOUR SILKEN TOFU

**CATEGORY**  
LUNCH

**PREP TIME**  
10-15 MINS

**SERVINGS**  
1-2

This recipe is from [Fuchsia Dunlop's article](#) in the Financial Times on August 13, 2022. Like her, I do often crave for this popular Sichuan street snack. The prep time is only 10-15 mins. It's a quick, yet satisfying and healthy lunch option. I was initially skeptical of avocado in this dish, but Fuchsia won't lie - the creamy flesh is a delicious addition to this bowl of flavor explosion. We used our [tingly Sichuan pepper peanuts](#) as the crunchy bits.



### INGREDIENTS

- 300g silken tofu
- Half a perfectly ripe avocado
- 1 tbs Sichuan preserved vegetables, or kimchi, or American style pickles
- 2 tbs green onions, thinly sliced
- 1 tbs Chinkiang vinegar or other vinegar
- 2 tsp light soy sauce
- 1 tbs chili oil plus 1 tbs chili sediment (to taste)
- half tsp sesame oil
- half tsp ground toasted red Sichuan peppers or red Sichuan pepper oil
- A small handful of 50Hertz Sichuan pepper nuts



### STEPS

**Step 1:** Bring some water to the boil in a small saucepan. Use a spoon to scoop large masses of tofu into the water and heat gently for five to 10 minutes to warm it through.

**Step 2:** Chop the preserved vegetable and green onions and assemble the seasonings. Cut the avocado in half, remove the stone and cut one half, still in its peel, into 1-2cm cubes.

**Step 3:** When the tofu is ready, gently remove it from the water with a slotted spoon and transfer to a serving bowl, draining as much water as possible.

**Step 4:** Spoon all the seasonings over the tofu. Scoop out the avocado pieces and place them on top. Add the preserved vegetable, green onions and peanuts. Mix everything together before eating.