

Sook Mei Faan (Cantonese Creamed Corn With Tofu and Rice)

By [Hetty Lui McKinnon](#)

Time 25 minutes

Rating 4 ★★★★★ (904)

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Christopher Simpson for The New York Times. Food Stylist: Simon Andrews.

Creamed corn over rice is a quintessential Cantonese dish often served at cha chaan tengs, casual diners that are ubiquitous in Hong Kong. There are many variations of sook mei faan, or corn rice. Some include chunks of pork or chicken, while another rendition has the creamy corn ladled over fried fish fillets. While this dish is traditionally made with canned creamed corn, this vegan version uses fresh corn, which offers a well-rounded sweetness that still feels bright, and is served over cold silken tofu, offering a pleasing contrast in texture and temperature.

INGREDIENTS

Yield: 4 servings

2 (14-ounce) packages silken tofu, drained

PREPARATION

Step 1

Carefully pat the tofu dry with a clean kitchen towel, and cut each block into 8 slices.

3 cups corn kernels (1 pound),
from 3 large cobs or thawed
from frozen

1 tablespoon neutral oil, such
as grapeseed, vegetable or
canola, plus more as needed

1 (1-inch) piece ginger, peeled
and finely chopped

1 garlic clove, finely chopped

2 scallions, finely sliced, plus
more for serving

1½ cups vegetable stock

Kosher salt

White pepper

2 teaspoons cornstarch mixed
with 2 tablespoons water

Steamed rice, for serving

Cilantro leaves and tender
stems, for garnish

Sesame oil or chile oil, for
drizzling

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Step 2

Place half the corn kernels into a blender or food processor,
and blitz until creamy but still chunky.

Step 3

Heat a medium saucepan or deep skillet over medium-high.
When hot, add 1 tablespoon oil. Add the ginger, garlic and
scallions, and cook for 20 seconds until aromatic. (They
shouldn't brown too much.) Add the remaining corn
kernels, along with the blitzed corn and vegetable stock,
season well with salt and white pepper, and cook for 2 to 3
minutes to bring the mixture to a boil. Stirring constantly,
slowly add the cornstarch slurry, and cook for 2 to 3
minutes until the mixture is slightly thickened.

Step 4

Divide rice among bowls. For each serving, lay 4 slices of
silken tofu on top of the rice and top with a few spoonfuls
of the creamed corn. Finish with scallions, cilantro and
drizzle with sesame or chile oil.

TIP

*If you don't have cornstarch, you can thicken the creamed
corn by adding an egg. Beat 1 egg, reduce heat to low, and
slowly pour the egg in a steady stream into the corn
mixture. (Do not stir.) Allow to cook for 30 seconds, then
slowly stir with chopsticks or a fork to create long strands
of egg. This dish can also be eaten with pasta or noodles.*

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