

Tofu



Facts

- Made by curdling fresh hot soymilk with a coagulant
- First used in China around 200B.C.
- Tofu taste is bland
- Soaks up any flavor of its surrounding ingredients
 - Be careful and don't use too much oil when frying or will taste like oil



Types of Tofu

- **Firm** – dense and solid. Holds up well when you want it to keep its shape.
 - Higher in protein, fat and calcium than other forms.
- **Soft** – Use in recipes that call for blended tofu or in Oriental soups.
- **Silken** – has a creamy, custard-like texture. Works well in pureed or blended dishes.



Nutrition

- High quality protein
- Good source of B-vitamins and iron
- If curdled with calcium salt, excellent source of calcium
- Low in saturated fat
- No cholesterol
- Low in sodium





Buying and Storing

- Sold in water-filled tubs, vacuum packs or in aseptic brick packages
- Usually found in produce section but may be in dairy or deli sections
- Keep cold
- Check for expiration date
- Opened tofu should be rinsed and covered with fresh water
- Change water daily and use within a week
- Can be frozen for up to 5 months

Tips

- If using in chunks, pieces, etc.
 - Remove from box and drain water
 - Place on tray or plate lined with paper towels
 - Place more paper towels on top of tofu
 - Put another plate on top and place something heavy on top of the plate
 - Let stand for 20-30 minutes
 - Discard soaked towels and cut tofu into desired shapes
 - Freeze for 1 hour before cooking
 - Freezing makes the tofu chewy and “meaty”



Taste Test

