

Tofu

Materials needed:

- Computer with projector (or print of PowerPoint)
- Materials to make and serve desired recipe
- Handouts from Soybean promotion board
- Empty tofu containers (optional)

NOTE: This is a short lesson because of the food demonstration.

One month before the program contact:



Explain that you are giving a lesson for FCE and ask for information for the number you will be teaching. They are very nice and will send great information with recipes.

Teaching notes are at the bottom of the PowerPoint presentation.

For the tasting, if there is time and a kitchen available, make the Barbecue Tofu Sandwiches. If not, prepare onion/ranch dip and serve with carrot sticks or baked chips.

Tofu dip.

Place soft or firm tofu in blender and puree until smooth. (This may take a while.)
Add packet of dip mix and mix well. Keep refrigerated until ready to serve.

Freeze tofu for at least ½ hour or more and thaw before making these sandwiches for a meatier texture.

Barbecue Tofu Sandwiches

Prep Time: 5 Minutes
Cook Time: 10 Minutes

Ready In: 15 Minutes
Servings: 6

INGREDIENTS:

1 (12 ounce) package extra firm tofu 1 1/2 cups barbecue sauce
3 tablespoons vegetable oil 6 hamburger buns
1 onion, thinly sliced

DIRECTIONS:

Drain the tofu between paper towels until most of the water has been squeezed out.

Slice tofu into 1/4 inch thick slices.

Heat vegetable oil in a large skillet, fry tofu strips until golden brown on both sides. Add onion and cook for a few minutes, until onion is at your desired consistency.

Pour in barbeque sauce (use more or less, according to your taste). Cook the mixture for ten minutes on low and serve on buns.