



# Cooking With Tofu

**Donna Kelly, Anne Tegtmeier**



## **Cooking With Tofu:**

**Cook with Tofu** Christina Clarke, 1981 Abstract Tofu a traditional Japanese soybean food has gained significant popularity in the US A cookbook lists recipes for appetizers soups main courses and desserts and describes 6 basic methods for preparing tofu Tofu can equal the consistency of light or heavy cream and is excellent for baking biscuits bread and chocolate mint pie it can be used as a substitute for ricotta cheese or for meat in lasagna burritos or spanakopita Tofu is 95% digestible a complete protein cholesterol free low in calories and sodium and one of the least expensive protein sources Exotic cooking terms are defined and an annotated bibliography lists books for further information cs

**Cooking with Tofu** Mary Anna DuSablon, 1981-01-01 Learn to make your own tofu and then enjoy your creation or the store bought variety in 26 delicious recipes for salads soups main dishes shakes desserts and more You ll find something for every meal and every craving from sweet potato pancakes to hot and sour soup tofu burgers green onion dip lasagna curried vegetables quiche Szechuan eggplant and more Includes basic tips on cooking and storing tofu along with nutritional information

**Giant Book of Tofu Cooking** K. Lee Evans, Chris Rankin, 2000 It s been the super food of the East for at least two millennia and it s finally made a name for itself here No matter what dish it s added to from soups to desserts tofu makes the meal healthier and better On its own this soft white beancurd has virtually no taste but it has a remarkable ability to drink up the flavors and seasonings it s marinated in Plus tofu comes in different textures so it s a perfect substitute for meat fish cheese or eggs You ve probably heard of its almost miraculous ability to lower the risks for heart disease cancer and according to the newest research Alzheimer s but you may not have known how to prepare it This comprehensive all vegetarian tofu cookbook celebrates tofu s versatility 350 ways with easy to follow recipes that will expand your horizons and tickle your tastebuds Tofruitty smoothies Tofu huevos rancheros banana bread mock tuna salad tofu crab cakes tropical cheesecake escape and even pecan pie

**101 Things to Do with Tofu** Donna Kelly, Anne Tegtmeier, 2007 The first 101 series title to offer all vegetarian options 101 Things Too With Tofu makes being vegetarian even easier with simple recipes fasteal solutions and healthy fare that is sure to please even the pickiestalate These recipes will make your mouth water and they all feature healthyofu as a main ingredient Give this valuable and versatile protein source ahot in your kitchen with recipes such as Butternut Squash Soup Tofu Hummus ealthy Mac n Cheese Sublime Spinach Lasagna Thai Coconut Curry ripleberry Tarts Classic Cheesecake and Lemon Raspberry Tiramisu

*This Can't Be Tofu!* Deborah Madison, 2012-05-09 One taste and you ll say This can t be tofu But it is Nutritionists doctors and food authorities everywhere are telling us to eat more tofu It s an excellent source of high quality protein and calcium It contains no cholesterol and is very low in calories and saturated fat So why don t we eat more tofu Because for too long tofu has been used as a substitute for other ingredients Why turn tofu into a beef substitute in a burger or pass it off as cheese in lasagna when it is delicious on its own Now in *This Can t Be Tofu* award winning and bestselling author of *Vegetarian Cooking for Everyone* Deborah Madison shows how to make tofu taste great

and be the star attraction in 75 stir fries sautés and other dishes Pan Seared Tofu with Garlic Ginger and Chives Vietnamese Spring Rolls Curried Tofu Triangles with Peas and Pineapple and Tofu Fried Rice are just some of the innovative recipes in this inspired collection **Art of Tofu** Akasha Richmond,2001 *Tofu Recipes : Best 50 Delicious of Tofu Cookbook* Kenny Galarza,2023-01-15 Tofu Recipes Best 50 Delicious of Tofu Cookbook Tofu Recipes Tofu Recipe Book Tofu Recipe Cookbook Tofu Cookbook Tofu Making Tofu Quick And Easy Tofu Cooking **The Tofu Cookbook: Over 150 quick and easy recipes (Text Only)** Leah Leneman,2013-07-25 Tofu is a soya based bean curd which has been used for cooking in the Far East for centuries This cookbook shows how easy to cook deliciously versatile and wonderfully healthy tofu is Nutritional Cooking with Tofu Christine Liu,1992-08 For those seeking health conscious yet delicious soups main dishes or desserts Christine Liu's cookbook is the answer From Hot and Sour Tofu Soup to Spiced Tofu Gan to Tofu Walnut Pudding here are great recipes for vegetarians and meat lovers alike 50 illustrations *The Tofu Cookbook* Heather Thomas,2019-07-04 Don't know what to do with tofu Tofu is the perfect ingredient for anyone looking to cut down on their meat consumption It can be crisp crunchy soft or creamy Its subtle flavour lends itself to both sweet and savoury dishes you just need to know how to use it With guidance on how to store prep season marinate and flavour this fantastic book is packed with hacks to convert tofu haters and make this super ingredient the star of the show See just how versatile tofu can be with 60 delicious recipes ranging from traditional phos stir fries and salads to the more unexpected burritos brownies and even smoothies **Asian Tofu** Andrea Nguyen,2012-02-28 IACP AWARD FINALIST More than 90 recipes exploring authentic ancient fare and modern twists that capture the culinary spirit of East Southeast and South Asia from the James Beard Award winning author of Vietnamese Food Any Day and Ever Green Vietnamese From sleek silken tofu with delicate toppings to piping hot fried satchels in a robust sauce tofu provides a versatile canvas for the intricate flavors and textures that Asian and vegetarian cooks have long enjoyed America has embraced tofu as a healthy affordable ingredient And while it has been welcomed into sophisticated mainstream dining tofu is often hidden in Western guises and in limited applications In her third intrepid cookbook celebrated food writer and teacher Andrea Nguyen aims to elevate this time honored staple to a new place of prominence on every table There are spectacular favorites from Japan Korea Thailand Singapore and India as well as delicious dishes from Taipei San Francisco Santa Monica and New York Andrea demystifies tofu and interprets traditional Asian cuisine for cooks sharing compelling personal stories and dispatches from some of the world's best tofu artisans along the way For those who want to take their skills to the next level the tofu tutorial clearly outlines tofu making technique encouraging readers to experiment with the unparalleled flavors of homemade varieties But time pressed cooks needn't fear while a few recipes such as Silken Tofu and Seasoned Soy Milk Hot Pot are truly best with homemade tofu most are terrific with store bought products Some traditional dishes combine tofu with meat in brilliant partnerships such as Spicy Tofu with Beef and Sichuan Peppercorn and Tofu with Kimchi and Pork Belly but this collection is predominantly vegetarian and vegan

including the pristinely flavored Spiced Tofu and Coconut in Banana Leaf and vibrant Spicy Lemongrass Tofu Salad And innovations such as Okara Doughnuts reveal tofu's more playful side For health and eco conscious eaters and home chefs who are inspired to make the journey from bean to curd Asian Tofu is the perfect guide *Twist on Tofu* Corinne Trang,2022-10-11 As the popularity of a plant based diet continues to grow tofu sales are soaring along with the demand for new recipes that showcase this healthy budget friendly meat alternative In *Twist on Tofu* award winning food writer Corinne Trang shows how versatile and flavorful tofu can be with 54 recipes for creative dinners as well as starters soups salads sandwiches and even desserts There are tofu based twists on familiar favorites like French fries Buffalo wings tacos satay and empanadas Recipes for lasagna Bolognese pasta chili poke bowl and bibimbap offer delicious options for tofu rich dinners Trang tops off this celebration of tofu with a bit of sweetness bumbleberry tofu custard and luscious tofu mocha brownies

**Easy Tofu Cookbook** Chef Maggie Chow,2015-11-22 Tofu is no longer a dish for only Vegetarians But if you are a Vegetarian here are some great Tofu ideas Get your copy of the best Tofu recipes from Chef Maggie Chow Read this book for free with Kindle Unlimited Come take a journey with me into the delights of easy cooking The point of this cookbook and all my cookbooks is to exemplify the effortless nature of cooking simply In this book we focus on cooking with Tofu The *Easy Tofu Cookbook* is a complete set of simple but very unique Tofu recipes You will find that even though the Tofu recipes are simple the tastes are quite amazing So will you join me in an adventure of simple cooking Here is a Preview of the Recipes You Will Learn Coconut Curry and Lemon Grass Tofu Southeast Asian Tofu with Broccoli 3 Cheese Pasta Shells Creamy Asiago Tofu Pad Thai Much much more Pick up this cookbook today and get ready to make some interesting and great tasting Tofu recipes

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*Air Fryer Tofu Cookbook* Catherine Wade,2024-01-08 Unlock the Magic of Tofu with my *Air Fryer Tofu Recipe eBook* Are you ready to transform your kitchen into a haven of savory delights Look no further My new tofu recipe eBook *Air Fryer Tofu Cookbook Simple and Delicious Air Fryer Tofu Recipes* is your ultimate guide to creating mouthwatering tofu dishes using your air fryer that will captivate your taste buds and impress your guests Why Tofu With its delicious and distinctive flavor Tofu can elevate any meal to a culinary masterpiece Whether you're a seasoned chef or a home cook seeking to expand your repertoire my tofu recipe eBook provides step by step guidance for crafting delectable tofu dishes using your air fryer that will become cherished favorites What's Inside Hand Curated Tofu Air Fryer Recipes From classic roasts to innovative international twists my eBook features a diverse array of tofu recipes suitable for everyday cooking or special occasions Clear and Simple Instructions No need to be an expert chef My recipes come with straightforward easy to follow instructions ensuring your air fryer success in the kitchen Culinary Tips Discover the secrets of perfect air fryer use ideal cooking times and expert techniques to enhance your skills using an air fryer to cook tofu and many other ingredients Suitable for All Skill Levels Whether you're a culinary novice or a seasoned pro my air fryer tofu

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tofu culture for reading pleasure as well as helpful culinary background It reveals the fact that tofu is for both meat lovers as well as vegetarians To achieve the best results the book introduces a wide range of cooking methods plus traditional and creative dishes Readers will find a rich repertoire of little known techniques tips shortcuts and even global tofu dining guides One chapter is devoted to tofu varieties found in the market a hidden treasure that even some native tofu users have overlooked These tofu jewels come pre seasoned and ready to serve deliciously healthy and convenient options that are worthy of exploration Angela Chang s *Delicious Tofu* is a marvelous resource for anyone who wants to learn about the history and nature of tofu Too often we think of tofu as nondescript and uninteresting Quite the contrary in the hands of a masterful chef like the author tofu becomes one of the most remarkable ingredients in the repertoire of human foodstuffs Encyclopedic in scope and engagingly written *Delicious Tofu* is sure to delight and edify novices and cognoscenti alike Victor H Mair Professor of Chinese Language and Literature University of Pennsylvania Angela Chang has been proselytizing for tofu for years determined to break down the barriers that keep so many Westerners from fully appreciating its delicious versatility Here she makes it accessible to one and all with irresistible storytelling and enthusiasm that draws you into her world Faith Bahadrurian Food writer and restaurant critic Angela Chang s debut book was the first to enable me to make authentic home style Chinese food Here she s turned her attention to that most versatile and underappreciated protein tofu The result is encyclopedic in scope chock full of engaging history and informative anecdotes and a treasure trove of inviting recipes It may be a cliché to say that one recipe is worth the price of the book but for me Chang s *Pork Tofu Stew* belies that cliché Pat Tanner Award winning food writer restaurant critic and radio show host *Perfect Recipes With Tofu* Casie Batas, 2021-08-08 Tofu is a soy based food that s made from curdling soy milk and forming it into a solid block It s a good source of plant based protein that can be used in all sorts of ways It s a great addition to vegetarian and vegan diets but even if you re a meat eater I urge you to try it In my tofu recipes I don t use it as a meat substitute but rather as something unique and delicious in its own right Inside of this cookbook not only will you discover over 25 delicious tofu recipes but you will also discover why tofu can be incredibly health for you

## **Cooking With Tofu** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Cooking With Tofu**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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### **Cooking With Tofu Introduction**

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