

All About Tofu

PBPSG Recipes/Notes for June 5

Tofu has been a traditionally consumed food in Asia for close to 2000 years. Populations consuming tofu are some of the longest lived people on earth with the elderly maintaining good functionality much longer than is typical in America. Tofu is made by adding a coagulating agent (usually a salt or an acid) to soy milk and then pressing the resulting “curd” to remove water. The longer it is pressed, the firmer (and denser/thinner) it becomes. Over 90 % of soy grown in the US is genetically modified, and grown to feed animals destined to become meat and dairy. Most soy made into tofu, is from non-GMO soy – however I never buy/consume any soy unless it has BOTH the “organic” and the “Project non-GMO verified” label claims. I believe the potential harms from GMO’s are that significant.

Tofu has little flavor itself – but makes a fantastic, “blank canvass” for adding whatever flavors you choose to it. Tofu contributes TEXTURE to recipes. Depending upon how you use it, it can sub for meat, dairy or eggs. I will demonstrate an example of each:

Crock Cheese (recipe: <http://joannfarb.weebly.com/blog/crockcheese>)

Tofu Scramble

½ cup water
1 onion chopped
1 cup chopped sweet peppers
½ -1 lb of mushrooms chopped
2 stalks of celery chopped

½ tsp cumin powder
2 TBS chili powder
1 TBS onion powder
½ tsp garlic powder
1 tsp parsley
1 tsp paprika
½ tsp thyme
14 oz package extra firm water pack tofu
½ tsp turmeric
4 tsp organic wheat-free tamari stirred into 2 TBS water
¼ cup nutritional yeast flakes (unfortified!)
1 ½ cups of cooked or canned black beans

Directions:

- 1) Bring water to a boil on high in a saucepan and add the onions and saute until soft, about 5 minutes. Add the sweet peppers, celery and mushrooms. Continue cooking until all are soft, then add all the spices except the turmeric and continue cooking until water is just about gone and vegetables shrink a bit.
- 2) Remove the tofu from package and drain. Use your hands to squeeze and crumble tofu into the pan. Sprinkle it with the turmeric and stir well to incorporate it. Turn heat down and continue cooking for a few more minutes. Keep stirring with a spatula and if it starts to stick on the bottom add a few TBS of water as needed – or add the tamari mixed into the 2 TBS of water and stir well. Add the yeast and black beans (and Daiya Cheese if using) heat a couple more minutes. Then remove from heat and serve.

Optional: Daiya cheese shreds, and avocado slices
Top with salsa

Broiled Marinated Tofu (cubes or slices if making for a sandwich like a TLT)

14 oz package of organic extra firm water pack tofu
½ cup water
¼ cup apple cider vinegar
¼ cup white wine
3 TBS wheat free tamari
2 TBS nutritional yeast (unfortified)
1 tsp onion powder
½ tsp garlic powder
½ tsp thyme
¼ tsp powdered ginger
¼ tsp yellow mustard powder
(optional ½ tsp liquid smoke)
1 tsp olive oil.

Directions:

- 1) Slice tofu into ¼ inch or so slices and lay on clean towel, fold towel over and place a weighted cutting board on top. Allow tofu to press like this for 30 minute to several hours. The longer you press it the firmer and thinner it will become, and the better it will absorb the marinade.
- 2) Mix all the remaining ingredients together to make the marinade. Unwrap the tofu. For cubes that can be used in stir fries or casseroles cut the tofu slices into cubes. If making tofu to bread it, or use for sandwiches leave the tofu as it is. Transfer the tofu to a large covered glass dish and drizzle the marinade over it. Allow it to sit for at least a few hours in the refrigerator, but preferably overnight. It can also be

allowed to sit this way for several days before using it. The longer it sits the stronger will be the flavor.

- 3) When ready to bake turn oven to broil on low and place a rack right under the heating element. Take a large flat stainless steel baking dish and smear the one teaspoon of oil over the bottom. (SAVE The marinade!) Transfer the tofu to the oiled pan and drizzle about 2-3 TBS of the marinade over the tofu and place it right under the broiler. Watch it closely. When it dries out turn the tofu over and drizzle a bit more marinade over it and broil again. Repeat until both sides are nicely browned.

Berries and Cream Dessert

12.3 oz pkg Mori Nu Organic extra firm tofu
2 tsp lemon juice
6 chopped deglet dates
1 ½ tsp vanilla extract
10 drops stevia

Blend until smooth in a blender or food processor and spoon over your favorite berries. You can make this even more decadent by blending in 2 TBS of cashews – but that does increase the fat.