

TOFU

The Ultimate Recipe Book



Les Ilagan

Book Of Tofu Food For Mankind31347

William Shurtleff,Akiko Aoyagi



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The Book of Tofu William Shurtleff, Akiko Aoyagi, 1975 This is the book that started the Tofu Revolution worldwide beginning in the 1970s An integrated approach to the subject of one food history nutrition culture recipes how to make tofu on a home scale and commercially recipes bibliography *The Book of Tofu* William Shurtleff, 1979 **The Book of Tofu** William Shurtleff, Akiko Aoyagi, 1975 The Book of Tofu William Shurtleff, Akiko Aoyagi, 1979 Abstract A complete guide to tofu a primary ingredient of Oriental vegetarian diets illustrates the versatility low cost ease of preparation and nutritional benefits of this soy food Known in Asia as meat without a bone tofu is rich in high quality protein low in saturated fats digestible and cholesterol free The wide variety of tofu products available in Western markets illustrates the growing importance of soy protein Whole soybeans soy puree soy pulp okara soymilk yuba and soy curds and whey are described Preparation and cooking techniques are presented for various types of tofu firm deep fried silken grilled frozen freeze dried and fermented The role of tofu in traditional Japanese cuisine is emphasized Some 250 tofu recipes are included along with recipes for stocks sauces and toppings served with tofu dishes Appendices list Japanese tofu restaurants Western tofu shops and soy dairies and varieties of tofu found in East Asia nm The book of tofu William Shurtleff, Akiho Aoyagi, 1975 **The Book of Tofu** William Shurtleff, 1983 Historical nutritional and culinary information about East Asia s most important soybean food accompanies over five hundred recipes for dishes using its seven varieties *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 **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 The Book of Tofu William Shurtleff, 1979 **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

The book of tofu William Shurtleff, Akiko Aoyagi, 1983 *The Tofu Cookbook* Leah Leneman, 1992 Tofu is now readily available in supermarkets and health food shops internationally This book includes a range of recipes specifically using this vegetable product demonstrating the versatility of soya based food which can be used as an effective alternative to meat Recipes from around the world are included which have been adapted for meals for every occasion from main meals to desserts *The Book of Tofu* William Shurtleff, Akiko Aoyagi, 1983 *The Complete Tofu Cookbook* Camille Oger, 2020-12-29 This comprehensive cookbook presents the limitless multi cuisine possibilities of tofu in a wide range of delectable plant based recipes Featuring a robust collection of more than 170 recipes from all over the world Tofu makes the case for the ingredient as a culinary blank page much like white rice or pasta and a boon for flavor and culinary techniques of all types Using spices condiments sauces and herbs these recipes reveal how tofu can be an inexhaustible source of culinary diversity Spanning Japanese style Grilled Tofu with Miso to Lemongrass Tofu from Vietnam Tofu a la Bolognese from Italy to Spicy Tofu with Peanuts from China this informative cookbook and guide offers a multicultural road map to creating delicious plant based meals Along with the enticing array of recipes this collection features one hundred full color photographs prep and cook time tips diet designations and a handy reference to the different types and uses of tofu making it a definitive volume for all skill levels THE BOOK OF TOFU : FOOD FOR MAKING William Shurtleff, AKIKO AUTOR AOYAGI, 1982-12-12 *Asian Tofu* Andrea Nguyen, 2012-02-28 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 Asian Tofu s nearly 100 recipes explore authentic ancient fare and modern twists that capture the culinary spirit of East Southeast and South Asia 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

Art of Tofu Akasha Richmond, 2001 **The Tofu Book** John Paino, 1991 Traces the history of tofu explains its health benefits offers tips on shopping for it describes how it can be made at home and includes over one hundred recipes *Tofu, Tempeh, Miso and Other Soyfoods* Richard Leviton, 1982 **Tofu Cookery** Louise Hagler, 2008 In this revised 25th anniversary edition all the recipes have been updated for today's nutritional standards using reduced quantities of more healthful fats and less salt Many new recipes have been added to reflect more current tastes and trends and to complement the old favorites everyone has loved over the years Sumptuous photos with tofu on center stage will tempt you and help you envision how your finished dishes will look Page 4 of cover

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