



TOFU TASTY

IMAGINATIVE
TOFU RECIPES
FOR EVERY DAY

BONNIE CHUNG

Small Cookbook Tofu Tofu Tofu

William Shurtleff; Akiko Aoyagi



Small Cookbook Tofu Tofu Tofu:

Tofu Cookbook Katy Lyons, 2021-01-18 Tofu is a remarkable healthy food with the ability to absorb the flavor of the other foods around it. In addition, it can take on the consistency of many other foods as well. Tofu contains little fat and is high in protein, calcium, and iron. Tofu is a staple of Asian cuisines and is also popular among vegetarian dishes for its high protein, low cholesterol, low heat, and low fat. It can be prepared in soups, main dishes, smoothies, or desserts. **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. **The Calories In, Calories Out Cookbook** Catherine Jones, Elaine B. Trujillo, Malden, 2014-07-08 This informative cookbook features 200 recipes made from whole foods and organized by calorie count to help readers make delicious and nutritious low calorie meals to support their weight loss efforts and achieve optimum health. Original. **Vegetarian Times**, 1981-12 To do what no other magazine does. Deliver simple, delicious food plus expert health and lifestyle information that's exclusively vegetarian but wrapped in a fresh, stylish mainstream package that's inviting to all. Because while vegetarians are a great, vital, passionate niche, their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans. VT's goal: To embrace both. **Tofu Cookbook For Beginners** Carla Hutson, Are you looking for unique and easy tofu recipes? With these easy

and delicious recipes anyone can venture into the world of Tofu Cookbook Create your own easy and delicious meals Tofu Cookbook For Beginners is suit for those just starting to explore the world of tofu The Tofu Cookbook For Beginners is the introduction to cooking with tofu It contains many easy to follow recipes for delicious and nutritious meals that will help you get the most out of this versatile ingredient Easy to prepare simple recipes with clear instructions and easily ingredients All the tips tools and ingredients you ll need to get into a regular meal Step by step instructions for each recipe that helps you plan ahead Something for everyone includes meat poultry and seafood as well as vegetarian and vegan options Make meal part of your everyday with Tofu Cookbook For Beginners *The Low-fat Good Food Cookbook* Martin Katahn, Terri Katahn, 1994 In each of the recipes the total fat saturated fat cholesterol calorie sodium and fiber content are cited so that no matter what your dietary concerns you can tailor a meal to fit them Also included are chapters on meatless meals and tofu

The I Hate Tofu Cookbook Tucker Shaw, 2015-03-17 From the executive editor at America's Test Kitchen thirty five healthy appetizing recipes that will turn you into a tofu lover People hate tofu And it's hard to argue with tofu hatred at least at first glance It's ugly it's spongy and it doesn't really look like food you might ask What's the point The point is that it's a clean healthful powerful plant based protein that provides all kinds of nutrients without a lot of calories or carbohydrates and pretty much no cholesterol In other words it's kind of a perfect food And The I Hate Tofu Cookbook proves this With thirty five delicious and satisfying recipes from Sweet and Spicy Tofu Nuggets and Tofu Caesar Salad to Tofu Sloppy Joes Grilled Tofu Kebabs and Chocolate Pudding Pops you will come to love it We promise Tucker Shaw is executive editor at America's Test Kitchen A former arts editor and restaurant critic at the Denver Post Shaw covered entertainment style culture books food and more His previous books include *Gentlemen Start Your Ovens* and *Everything I Ate* *The Just Bento Cookbook* 2 Makiko Itoh, 2018-01-02 The author of the best selling Just Bento Cookbook is back with hundreds of delicious new Japanese lunchbox style recipes including many low carb vegetarian and vegan options that can be made quickly and without a lot of fuss The passion for bento boxes shows no signs of letting up Leading the way in popularizing these compact and portable boxed meals has been Makiko Itoh blogger extraordinaire and author of the perennial bestseller The Just Bento Cookbook Itoh was instrumental in spreading the word that bentos are perfect for busy adults on the go they don't have to be cute and they don't have to take a lot of planning or prep time in order to be tasty nutritious and economical In THE JUST BENTO COOKBOOK 2 Make Ahead Lunches and More Itoh offers hundreds of new recipes for bento friendly dishes The premise of this second cookbook is that anyone can make delicious healthy bentos quickly and easily Itoh focuses on three types of bentos with specific and appealing benefits bentos that can be made ahead of time express bentos that can be put together fast using components right off the shelf or out of the refrigerator and bentos for special dietary needs Full color photos accompany the directions and showcase the finished dishes THE JUST BENTO COOKBOOK 2 opens with Itoh's basic bento rules revised to reflect comments she's heard from her many fans after the first book came out Build Up Your Stash explains

why having some items ready to pack up and go is the key to stress free bento making Here are tips on making foods that store well organizing storage space the best containers to use for different foods what store bought items to have on hand etc The first section Make Ahead Bentos features recipes for a wide variety of dishes that can be prepared the night before or first thing in the morning Here are different kinds of meatballs and burgers including both Western versions and Japanese variations mouth watering chicken pork beef egg and fish dishes a section on Tofu and Vegan treats such as Ginger Tofu Teriyaki and Green Lentils and Brown Rice and recipes for Rice Sandwiches such as Egg wrapped Rice Sandwich with Bacon Rice Filling A special section of Low Carb recipes based on shirataki noodles and konnyaku konjac offers fun and creative ways to use this no cal no carb no sugar gluten free miracle noodle in dishes like Rice and Shirataki Pilaf with Shrimp Shirataki Chicken Ramen in a Lunch Jar and Shirataki with Sesame Express Bentos presents very quick to assemble boxes comprised of foods that don t require detailed recipes and don t rely on pre homemade items From Mediterranean Pasta and Yakisoba bentos to a Deconstructed Taco Salad and Stir fry Bento the ideas here will prove to be lifesavers for busy people who need to get out of the house in a hurry but still want their flavorful filling and healthy lunch Other new and exciting additions to this second volume include an entire section of recipes for Vegetable Side Dishes Roast Asparagus with Balsamic Vinegar Spicy Broccoli and Potato and Corn Salad and one for Japanese Vegetable Side Dishes Buttery Kabocha Squash Crunchy Stir fried Soy Beans Hijiki Seaweed with Garlic Recipes for different versions of dashi will help readers keep a supply of this staple ingredient at the ready And advice on tools and equipment types of bento boxes and accessories as well as a glossary and resource section will ensure that preparing bentos is as enjoyable as eating them **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 **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 History of Soybeans and Soyfoods in Japan, and in Japanese Cookbooks and Restaurants outside Japan (701 CE to 2014) William Shurtleff,Akiko Aoyagi,2014-02-19 The world s most comprehensive well documented and well illustrated book on this subject with 445 photographs and illustrations Plus an extensive index **History of Soybeans and**

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