

tofu recipes

from Twin Oaks Community Foods



Benji's Quick and Easy Tofu Starter

- 1 lb Twin Oaks Tofu, plain or herbed, cut into 1-inch cubes
- 1 bottle of tamari or soy sauce
- Olive oil, about 2 Tb

Place tofu cubes into a bowl and cover completely with tamari or soy sauce. Marinate for 2 – 5 minutes; longer will result in a saltier flavor. Lightly coat the bottom of a pan with olive oil and heat on medium-high. Drain the marinade out of the bowl and place the tofu cubes in the heated pan. Sauté until the tofu cubes have been lightly browned. The finished product can be used on top of a salad, in a wrap or added to a stir-fry.

Ken's Tofu Skillet

- 1/2 lb cubed Twin Oaks Tofu - Herbed or Plain
- 1/2 onion, chopped
- 1 clove of garlic, chopped
- 1 can of diced tomatoes with basil, 365 Whole Foods Brand
- 1 bag of mixed green frozen vegetables, 365 Whole Foods Brand
- Smoked sea salt & pepper (to taste)
- Olive oil

Place cast-iron skillet over medium-high heat, and add olive oil. Sauté onion and garlic until golden. Add tofu; sauté until slightly browned on 2 or more sides. Pour tomatoes with basil in skillet and reduce heat to medium. Cook mixture for five minutes, or until slightly reduced. Mix in frozen vegetables, and simmer until vegetables are tender. Add smoked sea salt and pepper to taste.

Bridget's Honey-Walnut Tofu

- 1 lb Twin Oaks Plain Tofu
- about 2 Tb oil for baking
- 1/2 can coconut milk (shaken)
- 1/2 cup honey
- 2 tsp lemon juice
- 3/4 cup water
- 1 Tb canola oil
- 2 tsp prepared mustard
- 1 tsp fresh ginger, grated
- salt to taste, 1/4 tsp perhaps
- 2 Tb cornstarch
- 1/2 cup walnuts

Cut the tofu into bite-size pieces, such as cubes or triangles, about a half inch thick. Toss the tofu pieces in oil to coat them. Spread evenly on a baking sheet and bake at 350 F for 15-20 minutes, until golden and crispy on the outside, but still moist and springy inside. Toast the walnuts in a cast-iron skillet, no oil, on medium-high heat. Stir them frequently for 5-10 minutes, until they are browned and aromatic, and set them aside. To make the sauce, whisk the cornstarch with 4 Tb of the water til smooth, and set aside. In a separate sauce pot, combine the coconut milk, honey, lemon, remaining water, oil, mustard, ginger, and salt. Heat on medium-high heat to a low simmer. Whisk the cornstarch liquid into the rest of the sauce. Continue whisking until the sauce thickens slightly, then remove from heat. Stir together the baked tofu, walnuts, and sauce. Let stand for a few minutes to allow the tofu to absorb some of the sauce. Serve over rice, best with white basmati cooked with a little shredded coconut.

Allyson's Bulgogi Style Tofu

From Manifest Vegan: <http://www.manifestvegan.com/2011/02/bulgogi-style-tofu/>

1 lb Twin Oaks Plain Tofu	6 Tb organic sugar
4 green onions, chopped (use white part too!)	1 tsp black pepper
3 cloves garlic, minced	1 tsp crushed red pepper flakes
1/2 average sized onion, sliced	4 Tb mirin
1 heaping tsp fresh grated ginger	2 Tb rice vinegar
2/3 cup tamari or soy sauce	1/4 cup shredded pear, skin and all
4 Tb toasted sesame oil	

Slice the tofu block in half, then make thin slices to the tofu to resemble little tofu steaks. Arrange them in a deepish dish where they will be able to soak up lots of marinade, then cover the tofu slices with your chopped onions, green onions, ginger and garlic. In medium sized bowl, combine the tamari, sesame oil, sugar, black pepper, mirin, rice vinegar, red pepper flakes and shredded pear. Stir really well to complete mix all ingredients together. Pour over tofu and veggies. Cover and place into the refrigerator. Let marinate at least 8 hours. It's really great to do this overnight... a little longer than 8 hours wont hurt anything. In fact, it may even help! After 8 hours has passed, separate the tofu strips from the marinade. Reserve the veggies and sauce for cooking. Heat up a cast iron skillet (or other handy dandy pan) over medium heat and drizzle with some sesame oil. When your skillet is nice and hot, place the strips into the pan in an even layer so that there is adequate room for them to fry up. When you place the tofu in the pan, it should sizzle. Pour enough of the marinade onto the tofu just to cover making sure some of those veggies get in there too! Let cook until most of the marinade has reduced, and the bottoms of the tofu slices are nice and caramely brown. Flip tofu strips and cook until other side turns brown. Continue to cook until all tofu has transformed into delicious Korean bulgogi tofu. Server over rice.

Kele's Mock Chicken Salad

1 lb Twin Oaks Plain Tofu or Tempeh, diced	1 cup celery, chopped
1/2 cup diced onion	1 Tb sage
1 cup mayonnaise or tofu mayo*, add more if dry	salt and pepper to taste

Bake on a greased baking sheet at 350 for 10-15 minutes; remove from oven when tofu is golden brown but before it becomes crispy. Once tofu is cooled mix the remaining ingredients together with the tofu. Serve chilled with a salad or on a sandwich. For a curried version of this recipe play around with adding your favorites curry spices as well as walnuts and raisins.

*To make this recipe vegan substitute tofu mayo for mayonnaise. To make tofu mayo combine 1lb Twin Oaks Plain Tofu, 1 1/2 tsp distilled white vinegar, 1 tsp salt, 1/2 tsp dry mustard, and 1 tsp white sugar in a blender or food processor. Blend until creamy.

Have Extra Tofu? Here's how to store our tofu after you've opened the package.

Storage for a week or less:

Place your tofu in a sealable container. Cover entirely with water and refrigerate. It is a good idea to change the water every few days, for up to a week.

Storage for over a week:

Place your tofu in plastic wrap or a freezer bag. Do not add any water. Freeze tofu for up to six months. The freezing process will change the texture a bit, making the tofu a little spongier – this can be preferable in some cases as it soaks up marinades and sauces more easily. Thaw overnight in the refrigerator and enjoy the next day.