

Tofu Options

AimeeB

Hi Everyone,

I have noticed that there are a few vegetarians on TF who are having a little trouble getting into tofu.

I personally eat Tofu a lot, so figured I would post up recipes I make for dinner that include tofu and hopefully will inspire some of my fellow veggies to give tofu a go 😊

All the best,

Aimee.

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### *Spicy Tofu with Green Beans & Tomato Petals*

1 serve firm tofu  
8 green beans cut into inch long batons  
1 firm ripe tomato seeded and cut into petals  
1 small handful dried whole chillis (available at Asian supermarkets)  
salt  
pepper  
Spray Oil

Cut tofu into bite size pieces and fry until golden on all sides.  
Add chillis, green beans and tomato petals.  
Stir fry with a little water to combine flavours  
Add salt and pepper to taste

I serve this with a lebanese cucumber cut into long rounds (on an angle) over good ol' iceberg lettuce and eat it with a salad.

Serves 1.

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Tofu Stir Fry with Coriander & Lemongrass

Flavour paste
1T Fresh ginger
1 Fresh chilli (whatever kind you prefer)
3 cloves garlic
1 stick lemongrass
5 coriander roots & stems

Ingredients
Flavour Paste
Firm Tofu (deep fried and drained really well)
Snow Peas
Mushrooms
Chinese Cabage
Bak Choy

Onion
Capsicum
Tomato
Corriander Leaves
Fresh Lemon Juice
Salt reduced soy sauce

1. Make a paste by putting all flavour paste ingredients into a food processor or in a mortar and pestle. Make this as smooth or as chunky as you like - keep in mind that lemongrass can be quite woody so you probably want to ensure it is cut finely.

The chilli can be omitted if you dont like hot things, but generally a red chilli with it's seeds removed is very mild and wont put too much heat into the dish.

2. Cut up however much you want to cook of fresh snow peas, mushrooms, chinese cabbage, bak choy (or similar), onion (cut in half and then into strips length ways - not into half rounds), capsicum, fresh firm tomato (seeded & cut into petals), spring onion (cut into inch long batons) & coriander leaves (chopped roughly), lemon juice.

3. Fry off the flavour paste in a tablespoon or two of water in a wok or large frying pan. Add the onion and cook until just starting to cook.

4. Add everything except the tomato and coriander leaves. Stir through the spice paste so that everything is covered in it's wonderful flavour. Add a couple more tablespoons of water if things look like they're getting stuck to the pan/wok. Cook until the vegetables are warmed through but still firm enough to have some crunch.

5. Add the tomato petals, coriander leaves and stir through. Squeeze over some fresh lemon juice and add a small amount of soy sauce, stir to combine flavours.

6. Remove from the heat and serve

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### *Tofu with Garlic & Ginger*

Canola oil Spray  
2 teaspoons minced garlic  
2 teaspoons minced fresh ginger root  
1 lime  
1 tablespoon tamari, or to taste  
1kg firm tofu

1. Heat oil in a wok or frypan over medium heat. Stir in garlic and ginger, and cook for 1 minute. Add tofu to the pan with tamari, and stir to coat. Cover, and continue cooking for 20 to 30 minutes.

2. Squeeze lime juice over tofu before serving.

## *Scrambled Tofu*

Olive Oil Spray  
6 Spring Onions, Sliced Finely  
1/4 can peeled and diced tomatoes with juice  
1 package firm silken tofu, drained and mashed  
Ground turmeric to taste  
Salt and pepper to taste

1. Heat olive oil in a frying pan over medium heat
2. Saute green onions until tender
3. Stir in tomatoes with juice and mashed tofu.
4. Season with salt, pepper, and turmeric.
5. Reduce heat, and simmer until heated through.

Plate it up and dig in!



## *Mock Chicken*

This is a really simple and easy way to create low fat, low carb not-quite-chicken for use in salads or as a replacement for chicken in any recipe asking for diced or chopped chicken meat. Putting the tofu into the freezer changes it's composition and makes it appear more like meat.

Ingredients:

1 Block of Tofu

Method:

1. Take a block of Tofu in it's original packaging and stick it in the freezer for at least three days.
2. When you're ready to defrost it simply bring a pot of water to a simmer, place the frozen tofu in it and allow it to thaw for approximately 10 minutes.
3. Once it has thawed, remove the tofu from it's package, place into a piece of cheesecloth and squeeze out as much liquid as you can.
4. Shred, dice, or slice tofu and include in your favorite recipe.



## *More Tofu Ideas*

**tarby**

I cook tofu all the time for my vegetarian child

You can slice it thinly and grill it like you would a steak .... use a little oil spray then serve it with some soy sauce.

Chop in to cubes and marinate in soy sauce and chili..... then I jsut fry it off and remove to do the veges and add it back in in a stir fry. Sometimes I dont even marinate it.. just cube it.. fry it gently (little spray oil) and garlic and then add some soy suace and vege stock after the veges are done.