

TOFU TIMES

AUGUST 1982

THE NEWSLETTER OF PROTEIN CITY SOYFOODS
P.O. BOX 379, NORTH ADELAIDE 5006

***** MAJOR ANNOUNCEMENT *****

THE MAKERS OF YOUR FRESH ADELAIDE TOFU ARE GOING ON A FACT-FINDING MISSION TO NORTH AMERICA AND CANADA. WE WILL BE VISITING 14 CITIES AND LOOKING AT THE RANGE OF TOFU PRODUCTION FROM THE SMALL-SCALE TRADITIONAL TOFU SHOP TO LARGE AUTOMATED PLANTS AND SOY DAIRIES.

WHAT THIS MEANS TO YOU, THE NUTRITIONALLY-ENLIGHTENED TOFU EATER IS THAT YOU WILL BE WITHOUT FRESH TOFU FOR A LITTLE MORE THAN SIX WEEKS, BEGINNING IN ABOUT THE MIDDLE OF SEPTEMBER. THIS, WE ADMIT, IS A TRULY UNFORTUNATE SITUATION SINCE IT COMES AT A TIME WHEN AN INCREASING NUMBER OF PEOPLE ARE DISCOVERING THE JOYS OF TOFU. BUT WE PROMISE YOU WILL BENEFIT IN THE LONG RUN.

SO WHAT WE WILL DO IN THE WEEKS BEFORE WE LEAVE IS PRODUCE AS MUCH TOFU AS PEOPLE MAY WANT TO STORE. THIS IS A GOOD TIME TO DISCOVER THAT TOFU CAN BE FROZEN, AND THAT FREEZING TURNS IT INTO VIRTUALLY ANOTHER PRODUCT. WE HAVE ALSO FOUND THAT TOFU CHEESECAKES AND TOFULAFELS FREEZE VERY SUCCESSFULLY - CHEESECAKES BECOME A WONDERFUL FROZEN DESSERT AND TOFULAFELS BECOME FIRMER WHEN THAWED. YOU CAN ORDER EXTRA CHEESECAKES IN BOTH LARGE AND SMALL SIZES, AND ALSO STOCK UP ON TOFULAFEL.

ORDERING INFORMATION

SINCE WE EXPECT TO DELIVER A LARGER AMOUNT OF TOFU THAN USUAL TO YOUR LOCAL HEALTH FOOD STORE, WE ARE ASKING YOU TO ORDER YOUR

EXTRA TOFU AND TOFU FOODS FOR DELIVERY ON A MONDAY. SOME OF THE STORES WE STOCK GET SO MUCH IN THE WAY OF TOFU, TOFU CHEESECAKES, MARINATED TOFU, SOY-MILK AND TOFULAFEL THAT THERE IS BARELY ROOM IN THEIR FRIDGES FOR ANYTHING ELSE.

WE WOULD LIKE YOU THEREFORE TO ORDER YOUR EXTRAS BY SATURDAY, AND TO PICK UP YOUR ORDER ON MONDAY AFTERNOON. THESE MONDAY DELIVERIES WILL HAPPEN UP UNTIL SEPT. 13TH, AND OUR LAST TOFU DELIVERY WILL BE ON SEPT. 15TH. SO PLEASE, MAKE IT EASIER ON OUR SANITY AND ORDER EARLY. AND NOW, THE FAMOUS AND INEVITABLE -

*****SPECIAL OFFER*****

Up until we leave, for every five 500g pieces of tofu you buy we will throw in a sixth piece free. This is for those afore-mentioned Monday deliveries and applies to pre-paid orders only. (Shop-owners are rather keen on the pre-paid bit and this applies unless you have a special understanding with your retailer.) Order and get your six pieces - pay for five - and, as an aid for your confrontation with a small mountain of tofu, a special section entitled:

Discovering Frozen Tofu

Frozen tofu adds a new dimension to tofu cooking. The obvious advantage of freezing tofu is to preserve fresh tofu. While the flavour of fresh tofu deteriorates progressively

after manufacture, frozen tofu will keep indefinitely. And if thawed and dried (a technique developed in Japan over 500 years ago) it will keep at least 3 mths at room temperature.

The colour and texture undergoes a radical change when tofu is frozen. - it changes in colour from white to tan. When thawed and pressed out, its texture becomes porous and resilient, looking and feeling like a fine-grained sponge. This porousness makes it a ready absorber of any flavouring ingredients or sauces. (It seems to go especially well with mushrooms, onions or soy sauce.) It is also slightly chewy and can be sliced, cubed, or grated to give a 'meaty' consistency to any recipe. Marinated in a sweet and sour sauce, lightly pressed, cubed and stir-fried, tofu has a tender chewiness quite different from its fresh counterpart. Grated, it adds body and extra protein to sauces and egg-based dishes.

To freeze your tofu, first drain it and place it in a plastic bag. Squeeze as much of the air as you can from the bag, tie it securely and freeze immediately. To thaw, take it out of the plastic bag and let it thaw on a plate, preferably overnight in your fridge. Remember, tofu can be frozen itself, then thawed and used in a recipe, or you can make up the dish with fresh tofu and freeze meal-sized amounts of that. This latter method is useful if you have spare time, say on weekends when you can make up a large batch of your favourite recipe to freeze for use later.

*** RECIPES ***

LASAGNA WITH TOFU 'NOODLES'

The Sauce

Saute: 4 onions, chopped
4 cloves garlic, minced
in ½ cup olive oil
add 2 cans tomato puree
2 can tomatoes, broken up
(or an equivalent amount
of fresh, skinned tomatoes)
2 Tbs. tomato paste
6 Tbs soy sauce

2 tsp oregano

Bring to a boil, reduce heat and simmer, covered for 30 minutes.
The Filling: While the sauce is simmering, mix together in a large bowl: 500g tofu, mashed well

1 egg

¼ cup grated parmesan cheese

2 cups grated mozzarella

The 'Noodles': Slice in strips about as thick as lasagna noodles

500g frozen tofu, thawed,
rinsed and squeezed

TO ASSEMBLE: Spread about ¼ of the simmered tomato sauce in the bottom of an oiled baking dish (9"x12"). Place half the tofu slices on the sauce. Cover with half of the filling. Repeat the layers. Pour the remaining sauce evenly over the casserole. Dust with the grated parmesan cheese. Bake, covered at 350 for 45 minutes. Let stand for 10 minutes before cutting.

DEEP-FRIED FROZEN TOFU WITH CHEESE

500g piece of frozen tofu

1 Tbs. soy sauce or tamari

¼ cup water

2 slices cheese about ¼" thick

2 Tbs. flour

1 egg, lightly beaten

¼ cup bread-crumbs

Oil for deep-frying

Combine the tofu, soy sauce and water in a small saucepan and bring to a boil. Reduce heat and simmer for 5 minutes, pressing tofu occasionally to aid absorption of the liquid. Remove tofu and let cool briefly. Make a horizontal slit in the middle of the piece of tofu, leaving about ¼" of uncut tofu along each side, so that the tofu can be opened like a tube. Slide the cheese into the slit tofu.

Combine flour and egg in a small bowl and mix lightly to form a thick batter. Dip the stuffed tofu in the batter, then roll in bread-crumbs. Heat the oil to very hot, but before smoking point, about 350°F in a wok deep-frier or small saucepan. Drop in the tofu and deep-fry until golden brown. Drain briefly, then cut each piece diagonally into halves. Serve hot or cold.

WATCH FOR ANOTHER TOFU, AND FROZEN TOFU RECIPE SHEET, SOON FROM YOUR HEALTH FOOD STORE.