

TOFU TIMES

MONTHLY NEWSLETTER OF PROTEIN CITY
P.O. BOX 379
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APRIL 1982

1982 - TOFU IN ADELAIDE

TOFU, OR BEAN CURD HAS HAD A SHORT HISTORY IN THE GASTRONOMIC LIFE OF ADELAIDE. IT WAS MADE HERE IN ADELAIDE IN 1979-80 AND SOLD IN HEALTH FOOD STORES AND AT ATHENS CONTINENTAL FOODS IN THE MARKET. IT THEN STOPPED BEING MADE IN ADELAIDE UNTIL AUG. 1981. IN THE EIGHT MONTHS SINCE THE NEW GENERATION OF TOFU HAS BEEN ON THE MARKET IT HAS DOUBLED IN SALES, AND DIVERSIFIED INTO SEVERAL NEW READY-MADE, TAKE-AWAY FOOD PRODUCTS.

TOFU IS STILL AVAILABLE AT ATHENS IN THE MARKET, AT MOST OF THE MAJOR HEALTH FOOD STORES IN THE ADELAIDE AREA, AS FAR AWAY AS NAIRNE IN THE HILLS AND VICTOR HARBOUR DOWN SOUTH. AND NOW, FOR THE FIRST TIME, FRESH TOFU IS AVAILABLE FROM THE SERVICE DELI OF THE FOODLAND SUPERMARKET AT NORTH ADELAIDE. TOFU IS ALSO BEGINNING TO CROP UP ON THE MENUS OF RESTAURANTS AND AT HEALTH FOOD STORE LUNCH COUNTERS. (SEE RESTAURANT HIGHLIGHT LATER THIS ISSUE.)

SOY NEWS

*** TOFU FEATURE ON A.B.C. RADIO.

LISTEN TO SAN ON FRIDAY APRIL 2ND AT ABOUT 1 P.M. WHEN THE A.B.C.'S RESIDENT COOKERY EXPERT GLEN CONLANI PRESENTS A FEATURE ON TOFU AS PART OF HER REGULAR WEEKLY RADIO SEGMENT.

*** TOFU COOKERY CLASSES

BOUGHT YOUR TOFU AND DON'T KNOW WHAT TO DO WITH IT? OR LOOKING FOR SOME DIFFERENT RECIPES? SPEND A DAY (SUNDAY, APRIL 18TH 10A.M.-3P.M.) PARTICIPATING IN A TOFU COOKERY CLASS AT THE THEBARTON FURTHER EDUCATION CENTRE. LEARN TO USE TOFU IN A VARIETY OF WAYS - SOUPS TO DESSERTS. THERE WILL BE A BANQUET AT THE END OF THIS CLASS. FOR ENROLMENT INFORMATION CALL 352 2972.

*** TRY PROTEIN CITY'S MARINATED TOFU - TOFU PACKED IN A DELICIOUS SAUCE MADE OF SOY SAUCE, GROUND PEANUTS, SESAME OIL, WINE VINEGAR, CHILI SAUCE, HONEY AND HERBS. VERY SPICY AND DISTINCTIVE.

*** FRESH SOYMILK IS AVAILABLE WHEREVER YOU BUY YOUR REGULAR TOFU, IN TWO LITRE FLAGONS. FOR THOSE USING AN ANIMAL-PRODUCT-FREE DIET, OR FOR PEOPLE (INCLUDING BABIES) WHO ARE ALLERGIC TO COW'S MILK. NOT FOR USE IN YOUR COFFEE OR TEA, BUT MAKES AN EXCELLENT, NUTRITIOUS BASE FOR SOUPS, SAUCES AND SMOOTHIES. BY ORDER ONLY FROM YOUR HEALTH FOOD STORE. THERE ARE NO ADDITIVES OR PRESERVATIVES IN THIS, SO BE PREPARED TO USE IT WITHIN FIVE DAYS OF DELIVERY TO YOUR STORE.

*** REMEMBER TO ASK FOR TOFU FACT SHEETS AND RECIPE SHEETS WHEREVER YOU BUY YOUR TOFU.

HOTLINE...

*** NEW TOFU PRODUCT

TOFU AND ONION STICKS WILL BECOME AVAILABLE THIS MONTH - INITIALLY TO BE SOLD HOT BY THE PIECE AT LUNCHTIME - LATER IN TAKE-HOME PACKS FOR RE-HEATING AND EATING AT HOME. THESE ARE REALLY GOOD!

SOYFOODS BOOK REVIEW

THE BOOK OF TOFU BY WILLIAM SHURTLEFF AND AKIKO AOYAGI. BALLANTINE BOOKS. N.

This is the Grand-daddy of all the new wave of Tofu cookery books that are b

published in the West. Exhaustive and encyclopedic in coverage, it carries out remarkably well its aim of explaining and popularizing what had been essentially an Eastern food product, in the West. It is rather more than a cook-book, for it goes into the history and philosophy of making and eating Tofu. There are chapters on the nutritional advantages of eating Tofu, the importance of soy protein in a world of dwindling natural resources, and there are the recipes - 250 of them from East and West. And for those with the time and energy there are instructions for making seven varieties of Tofu in the home kitchen. If you are going to buy one Tofu cook-book for your kitchen, this should probably be it.

RESTAURANT HIGHLIGHT

SARAH'S CAFE 199 Hutt St. Adelaide
223 3533

Adelaide's most innovative and exciting vegetarian restaurant has been featuring Tofu on its menu since it reopened after the Christmas break. Some of the good things that you may have already eaten there are, Tofu Shazlik, (made with Marinated Tofu), Tofu Curry, and Spinach and Tomato Ramekins with Tomato and Cognac Sauce. TOFU TIMES asked Karen Williams for her recipe for this last dish, and we reprint it below, with thanks. The Tofu dish to be featured at SARAH'S CAFE for the next couple of weeks is Tofu Gado Gado - Karen's adaptation of a traditional ethnic dish, incorporating Tofu.

**** RECIPE OF THE MONTH ****

SPINACH AND TOMATO RAMEKINS with
TOMATO AND COGNAC SAUCE.

Spinach and Tomato mixture

500g tofu
1 bunch spinach, steamed 7 min.
fresh parsley
2 onions, chopped fine
2 cloves garlic, crushed

2T roasted sesame and brown
mustard seeds

1 red and 1 green pepper, chopped
2t cumin and coriander
vegetable salt
black pepper
olive oil for frying

In a heavy based saucepan fry onions, garlic and capsicum until onions are transparent. Add spices, salt and pepper lower heat and cook for 5 minutes. Add mashed tofu and stir well. Taste, adjust seasoning, add parsley, sesame and mustard seeds. Remove from heat. Squeeze excess moisture from spinach and chop finely. Add to tofu mixture. Taste.

SAUCE 2 onions, chopped fine
2 garlic cloves, crushed
8 med. tomatoes, chopped
touch of red wine
1-2T cognac or brandy
fresh basil, chopped
salt, pepper and oil

Fry onions and garlic in oil till soft. Add tomatoes, wine, salt and pepper. Simmer half an hour, or until sauce reduces and thickens. Remove from heat, add basil and cognac and stir well.

In ramekins make alternate layers of spinach mixture and sauce, finishing with a layer of sauce. Ramekins can then be topped with puff pastry, or breadcrumbs, or wheat germ softened with a little melted butter. Bake at 350 F for about 30 minutes. Serves 6.

*** HOW AUSTRALIA EATS ***

An authoritative survey of American eating habits (New York Times, June 11, 12 & 13, 1980) reports that "nutrition and inflation will be the battle of the 1980s." Of the \$268 billion that Americans spend annually on food, fifty percent was spent for take-away, convenience foods. The pattern of eating in Australia is becoming distressingly similar. The challenge is now to fit soyfoods into this picture, to meet the demands of convenience and nutrition. It should not be too long before we see the advent of burgers, chips, shakes pies and ice creams made from tofu, soy milk and tempeh. Look out Big Mac. Here comes the Tofu Burger!