

TOFU TIMES

THE NEWSLETTER OF PROTEIN CITY SOYFOODS
P.O. Box 379
NORTH ADELAIDE 5006
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NO. 2

HOTLINE...

IN THE LAST ISSUE OF TOFU TIMES, WE EXPRESSED THE OPINION THAT THE CHALLENGE OF THE '80'S WOULD BE THE PROVISION OF FOODS THAT MET THE DUAL CRITERIA OF NUTRITION AND CONVENIENCE. IT IS IN RESPONSE TO THIS PERCEIVED NEED THEREFORE, THAT WE ANNOUNCE THE ARRIVAL OF SEVERAL NEW READY-TO-EAT, TOFU BASED FOODS:

*** TOFULAFEL

BASED ON THE AUTHENTIC LEBANESE FELAFEL RECIPE, THESE SPICY TOFU BALLS ARE MADE WITH TOFU, OKARA (SOY-BEAN FIBRE), HERBS AND SPICES.

THEY CAN BE KEPT IN THE REFRIDGER- AND REHEATED IN THE OVEN, OR EVEN UNDER THE GRILLER. SOME SUGGESTED TOFULAFEL SAUCES AND TOPPINGS LATER IN THIS NEWS-SHEET.

*** TOFU CHEESECAKES

IF YOU HAVE HAD THE CHANCE TO TASTE THE TOFU CHEESECAKES THAT ARE BEING DELIVERED TO YOUR HEALTH FOOD STORE (THEY TEND TO SELL OUT QUITE RAPIDLY), THEN YOU WILL ALREADY KNOW HOW GOOD THEY ARE. AT LAST, A CHEESECAKE THAT IS NOT ONLY DELICIOUS, BUT IS POSITIVELY GOOD FOR YOU!

YOU'LL FIND IT LIGHTER IN TEXTURE AND LOWER IN CALORIES THAN CONVENTIONAL CHEESECAKE. WE ARE ALSO MAKING AVAILABLE CUSTOM-MADE, CHEESECAKE FLANS WITH THE TOPPING OF YOUR CHOICE. BY ORDER ONLY. THESE CHEESECAKES ARE MADE WITHOUT EGGS, FOR THOSE OF YOU ON RESTRICTED DIETS.

*** TOFU-BURGERS

AVAILABLE FROM ONLY ONE METROPOLITAN HEALTH FOOD STORE AT THE MOM-

ENT (NORTH ADELAIDE) BUT WILL HAVE A WIDER DISTRIBUTION SOON. TAKE THEM HOME, RE-HEAT AND SERVE ON A WHOLE-WHEAT BUN WITH ALL THE TRIMMINGS.

SOY NEWS

TOFU COOKERY CLASSES

THE INAUGURAL TOFU COOKERY CLASS FOR THE DEPT. OF FURTHER EDUCATION WAS SO SUCCESSFUL THAT WE HAVE DECIDED ON AN EARLY REPEAT. NINE TOFU-BASED DISHES WERE PREPARED IN CLASS - THE RANGE FROM SOUPS TO DESSERTS - WITH A VERITABLE TOFU FEAST AT THE END. THE NEXT CLASS WILL BE HELD ON SUNDAY, July 4th, 10A.M. TO 3 P.M. COST IS \$20. ADDRESS ALL ENQUIRIES TO: THEBARTON FURTHER EDUCATION CENTRE, 104 HENLEY BEACH RD. PH 352 2972.

The trouble with meat-eating...

Shoppers are getting increasingly suspicious of additives in their food, studying the small print that admits the use of chemical stabilizers, flavour enhancers, and preservatives. (More so in the U.S. interestingly enough, where everything must be listed. We're not so stringent in Australia - try finding out sometime the multitude of things that "bakers flour" covers.)

The trouble with meat-eating is that we have no label to tell us what was fed and injected into the animal that provided the meat.

(over)

soy-beans, being at the low end of the food chain miss out on all sorts of chemicals that are absorbed and concentrated by animals, to be passed on to us in their flesh and milk. While there may no longer be such a thing as pure, pristine food, eaters of soyfoods have some comfort in knowing they're eating as sanely as they can.

RECIPES OF THE MONTH

These can be used as toppings for tofulafel, burgers etc.

TOFU HOMOUS

This is an adaptation of an Armenian dish which is delicious either eaten on its own, served as a dip for raw vegetables or with tofulafel or used as a spread for bread or crackers.

500g tofu
1 cup tahini (sesame paste)
3/4 cup lemon juice
2 tsp. salt
2 cloves garlic

Mix in a blender until smooth. Use a spatula to keep the mixture in the blades if necessary. Refrigerate for several hours before serving. Garnish with chopped parsley.

YEMENITE HOT RELISH

2 1/2T fenugreek seeds
3 tomatoes, coarsely chopped
5 tsp. finely chopped garlic
1/2 tsp. salt
3 whole cardamon pods crushed,
or 1/8 tsp. ground cardamon
1 tsp. caraway seeds
1/2 tsp. ~~coriander seeds~~ or
1/4 tsp. ground coriander
1/2 tsp. ground cayenne pepper

Crush the fenugreek seeds to a fine powder with the back of a spoon. Pour in 3/8 pint of boiling water and steep for 2 or 3 hours. Then drain the fenugreek in a fine sieve. Puree the tomatoes through a sieve set over a bowl, and stir the fenugreek into them. Mash the garlic and salt to a paste with the back of a spoon.

mortar and pestle. Add the cardamon, caraway, coriander and red pepper and mash them vigorously until the mixture is smooth. Stir it into the tomato and fenugreek.

(If this mixture proves too hot for your taste, reduce the cayenne pepper quantity.)

Serve at once or store tightly covered in the refrigerator. This is a traditional accompaniment for felafel or a dip for bread.

*** SOYBEANS IN AUSTRALIA ***

TO HAVE GOOD TOFU YOU MUST HAVE GOOD SOYBEANS. WE HAVE SPENT TEN MONTHS MAKING TOFU IN ADELAIDE, TRYING THE VARIOUS VARIETIES OF SOY BEANS GROWN IN AUSTRALIA. THE PROBLEM HAS BEEN TO FIND A HIGH-PROTEIN BEAN, AS SOYBEANS IN AUSTRALIA ARE SELECTED AND GROWN PRIMARILY FOR THEIR OIL CONTENT. BEANS ARE GROWN COMMERCIALY IN ALL STATES EXCEPT S.A., N.T. AND TAS. THEY ARE USUALLY SENT TO CRUSHERS SOON AFTER HARVEST AN APRIL OR MAY, WHERE THEY BECOME POLY-UNSATURATED OIL. SOME BEANS ARE USED AS FODDER FOR LIVESTOCK. (IT TAKES APPROXIMATELY 10 KILOS OF HIGH-PROTEIN FEED SUCH AS SOY-BEANS TO PRODUCE HALF A KILO OF BEEF. WE HAVE CREATED PROTEIN FACTORIES IN REVERSE - WE FEED PROTEINS TO ANIMALS IN LARGE AMOUNTS TO GET A FRACTION OF THAT PROTEIN BACK IN THE FORM OF MEAT.)

ANYWAY, AFTER 8 MONTHS OF FRUITLESS ENQUIRIES WHEN WE CONSIDERED IMPORTING BEANS FROM AMERICA, WE HAVE FINALLY LOCATED A SOYBEAN VARIETY IN AUSTRALIA GROWN FOR ITS VEGETABLE CONTENT (GROWN MAINLY FOR THE ORIENTAL TOFU MANUFACTURERS IN SYDNEY). THESE BEANS HAVE EVEN BEEN EXPORTED TO JAPAN, WHICH MUST BE THE EQUIVALENT OF EXPORTING PASTA TO ITALY, OR CARRYING COALS TO NEWCASTLE....

SO, IF OVER THE LAST COUPLE OF WEEKS YOU HAVE NOTICED A SLIGHT CHANGE IN THE TASTE AND TEXTURE OF THE TOFU YOU BUY, THIS IS THE REASON. AND OF COURSE, TO GET THE FULL BENEFITS OF THE CHANGE TRY TO BUY AND USE YOUR TOFU AS SOON AS POSSIBLE AFTER DELIVERY TO YOUR STORE.