

Food skills

Tofu

Tofu, also known as bean curd, is made from soy beans. Mature soy beans are pressed to extract soy milk, which then clots and forms curds. These curds are pressed into blocks to form firm, medium or soft tofu.



Firm tofu

Firm tofu is tight and feels solid, with very little give. Its firm body takes on a slight rubbery texture during cooking, which means it's easier to handle. If you're not sure which tofu to buy, a firm block will suit most savoury recipes.



Medium-firm tofu

Medium tofu has a rough texture and the curds are visible. It can also crack with handling. It has a moderate moisture content and is a good choice for dishes like braising or boiling. It tends to break up during vigorous stir frying and pan frying.



Soft tofu

Also called silken it has a delicate and heavy texture. Soft silken tofu will break up under its own weight. It requires careful handling. Soft tofu is a good substitution for eggs and yoghurt.

If the egg substitution is in baking, add $\frac{1}{4}$ cup silken tofu and $\frac{1}{8}$ teaspoon of baking soda per egg substituted.

How to cook types of tofu



Firm tofu is suitable for most cooking methods especially pan frying, stir frying and baking.



Medium tofu is used in braising and boiling.



Soft / silken tofu is used in soups and blended into dressing and smoothies.



Vegetable tom yum soup

(serves 4)

Ingredients

2 tablespoons oil
2 eggplants, diced
2-3 tablespoons tom yum paste
3 cups water
1 vegetable stock cube or 1 teaspoon stock powder
¼ cup coconut cream
4 bok choy, coarsely chopped
400g tofu, diced
2 tablespoons lime/lemon juice
125 grams rice stick noodles cooked
2 cups bean sprouts
3 spring onions, thinly sliced
½ cup chopped fresh coriander

Method



Heat oil in a large pot. Add eggplant, cook, stirring for 5 minutes.



Add tom yum paste, water, stock and coconut cream. Bring to a boil, reduce the heat and simmer covered for 10 minutes.



Stir bok choy and tofu into soup and bring back to a simmer. Remove from heat add the juice.



Divide cooked noodles among serving bowls. Ladle soup over noodles and sprinkle with bean sprouts, spring onions and coriander.

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