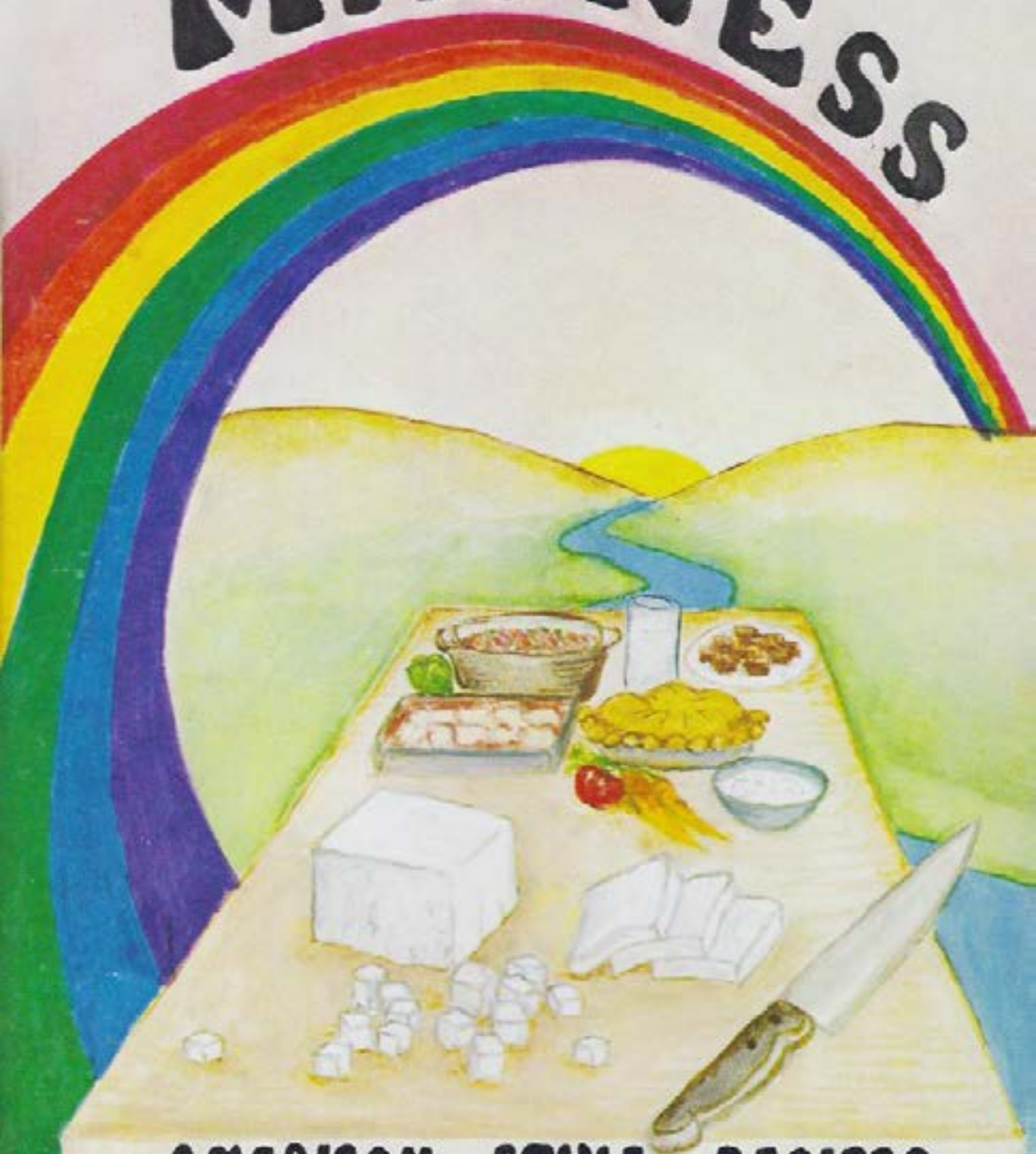


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TOFU MADNESS



AMERICAN STYLE RECIPES

TOFU MADNESS

52 wild and crazy ways to use
Tofu and Tempeh

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compiled and edited by
Nancy Olszewski

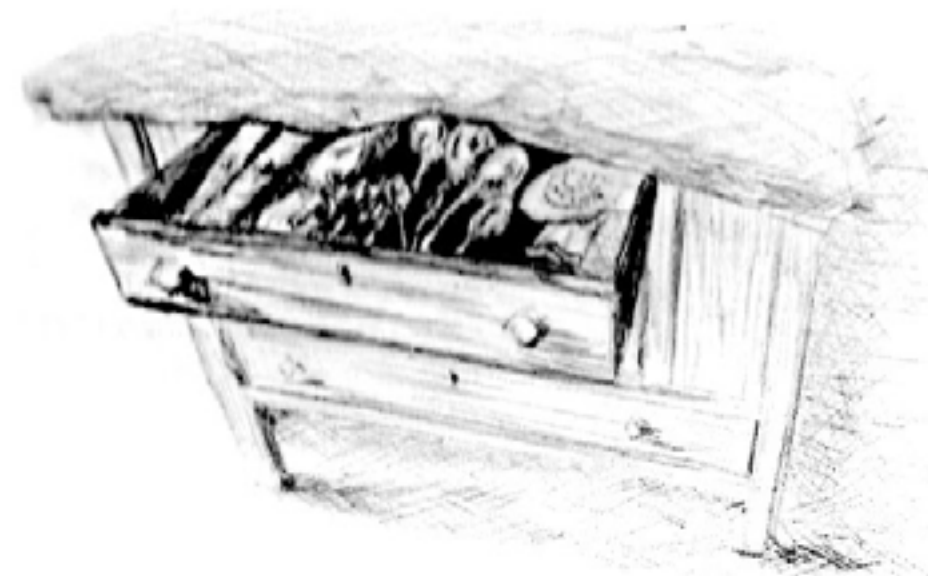
cover illustration by
Kathy Provazek

illustrations by
Kathy Provazek
Rosemary Ames
Nancy Olszewski
Gary Hollands
James Knodle
Suni Kim

photograph by
Luke Lukoskie

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INTRODUCTION

Dear Friend,

The most frequent question I hear is, "What do I do with tofu? I bought some because I know it would be good for me, then took it home, didn't know what to do with it and so I just ate it out of the carton plain." So begins **Tofu Madness**. We hope that this booklet is informative and will help to show the beginnings of the unlimited possibilities for tofu and its new sibling tempch. Bill Shurtleff, co-author of **The Book of Tofu**, the man and book which greatly inspired me to begin this labor of soyfoods business, once asked me, "Why tofu?" And, I responded, "Because it's a secret I want to see shared with everyone."

The first pound of tofu was made at Island Spring in November 1976. Since that time we have made over 400,000 pounds.

We work with the materials available. We are committed to using soybeans that are raised by farmers using natural soil enrichment programs and avoiding all chemical pesticides and fertilizers. The closest available source for such soybeans is America's Northern Soybean belt, Minnesota and neighboring states. As beans which meet our standards become available more locally we will bring them to you in our products.

Our second most important ingredient, nigari or bittern, is imported from China via Japan. There is presently no food grade nigari made in the United States. Nigari is the mineral rich residue left over from commercial sea salt extraction. This natural ingredient contains mostly magnesium chloride, with small amounts of magnesium sulfate, potassium chloride, sodium chloride and calcium sulfate.

The third and last ingredient is water. We use Vashon Island spring water purported to come from the glaciers of the Olympic Peninsula. This pure spring water has no chlorine, fluoride or other chemicals added to it.

Ideologically we are committed to "Small is Beautiful" and renewable energy resources.

Over 80 people have invested their time and money into bringing soy protein to you as an alternative to high technology, high cholesterol, high carbohydrate, chemically filled sources of protein.

Tips about Tofu:

1. Use tofu in your own recipes where the water that cooks out of tofu will not make the recipe too moist; or compensate by using less liquid than the recipe calls for.

PREFACE

You are reading the slightly revised second printing of **Tofu Madness**. We have tried to clean up typographical errors, get the type set consistently, add a few tempeh recipes, and develop an overview of our relationship as a food company to the larger whole of humanity.

The real key at the base of "Why tofu? Why tempeh?" is world hunger. Various scientific sources claim 20 to 30 times more net usable protein per acre from soybeans than from beef cattle. If we ever hope to live in peace on this planet, we each must know on a deep intuitive level that what we eat is not keeping someone else hungry. Clearly these are times of world confusion and conflict. A system under pressure will revert to the basics. Food, clothing and shelter are deeply tied into our instincts for survival. Simply, Tofu means survival.

Evolution is proceeding and a new spiritual consciousness is evolving among us. For jet travel, television, tempeh and tofu we can be thankful. They have all aided in the development of our planet by allowing us to realize our interdependency.

The concept of right livelihood helps to define a new approach to work. The question is no longer, "From which business can I maximize my profits?" "What will I do or be when I grow up?" but, the question needs to be, "Of all the really crucial tasks that need accomplishing where will my talents best further our evolution?" We begin to see repetitive labor as meditation; management as service to the meditators.

The long tradition of European craftsmanship in our American history at times seems a thing of the distant past. In turning to the East however, many have rekindled that American spirit by producing delightful lightly processed soyfoods in the manner of a caring craft.

Two books that have been indispensable in our work so far — and which I recommend to you if you are interested in delving into soyfoods further — are the Ballantine edition of **The Book of Tofu** (this is a completely revised and Americanized edition of the original **The Book of Tofu**) and **The Book of Tempeh**, Harper and Row, both by William Shurtleff and Akiko Aoyagi.

Soyfoods make economic sense; soyfoods mean preventative medicine; soyfoods support an industry of caring people making products in a two-thousand-year tradition and — best of all — soyfoods taste good.

Someday you might wonder how you survived B.S. (that is, Before Soyfoods).

Maybe this is your first experience with tofu or tempeh and

2. If tofu needs to keep its shape in a recipe, try pan frying before use.
3. Island Spring tofu is dated to be sold within twelve days after manufacture. This assumes that the tofu is kept at a constant temperature of 38° or colder. To maintain tofu's freshness, regardless of when purchased, slit the top of the package along one edge and allow the water to drain out. Flush with cold tap or spring water, refill and re-refrigerate. Repeat this process daily. Under ideal conditions I have seen tofu hold its freshness for one month. Two to three weeks from the date of manufacture is generally the case.
4. Leftover tofu may be frozen and used later in stir fry or soups.
5. Tofu may be considered fresh until it begins to smell sour. At the point tofu smells sour you have three creative choices:
 - 1) parboiling removes the sour odor and flavor
 - 2) deep frying also removes the sourness
 - 3) enhance the sour flavor by using sour tofu in a recipe calling for sour cream as in the tofu dip or dressing recipe, thinking blue cheese style.

For our errors in print I apologize in advance.

Bear with us, teach us, correct us, and remember that we are all on this third planet from the sun together.

If you have any questions or advice please write to us at P.O. Box 747, Vashon, Washington 98070, or call us at 206-622-6488 on Vashon Island. Send us your favorite tofu recipes for our next cookbook. We will send a free copy of the cookbook if we use your recipe.

Group tours are available by previous arrangement. If you just show up, we will accommodate you as best we can.

Luke Lukoskie
Founder, Island Spring Inc.
an intergalactic service organization
Thanksgiving, 1978



you find yourself in a hurry to figure out which one of these recipes to start with.

My favorites are quick and easy:

Tofu Lasagne

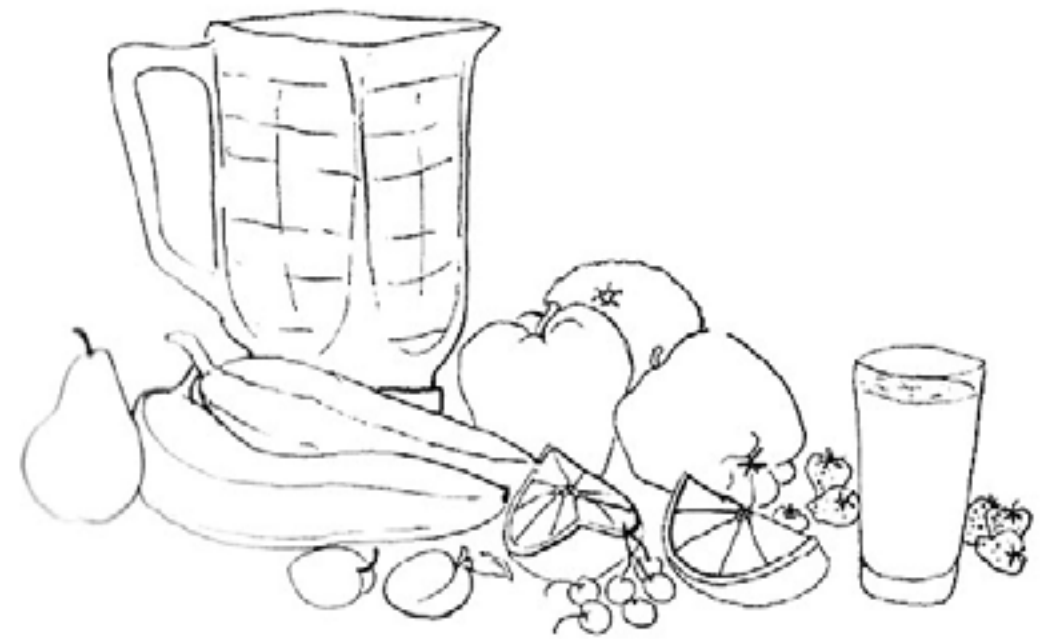
Stir Fry Vegetables and Tofu

Russ's Wedding Tempeh

Green Chili and Tempeh Sandwich



Beverages



Tofu can be blended into any creamy drink for extra thickness as well as a protein boost. Or substitute soymilk for all or part of the milk in your favorite flavored milk drink, hot or cold.

TOFU MILKSHAKE

Smoothies or milkshakes make a good high protein snack or a quick meal.

½ lb. tofu
1 C milk, soy or dairy
1 banana
1 T honey
1 tsp. vanilla
1 T wheat germ
1 T non-instant milk powder
1 T nutritional yeast

Blend all ingredients well in a blender.

FRUIT SHAKES:

Add ½ C fruit.

CHOCOLATE OR CAROB SHAKE:

Add 2 T carob powder or unsweetened cocoa

COFFEE SHAKE:

Add 1-2 T Pionier or other grain drink, powder, dash cinnamon, nutmeg, ginger

PEANUT SHAKE:

Add 2 T peanut butter (non-crunchy blends best)

EXTRA RICH SHAKE:

Add ¼-½ C soy freeze or ice cream.

2 servings

TOFU FRUIT SMOOTHIES

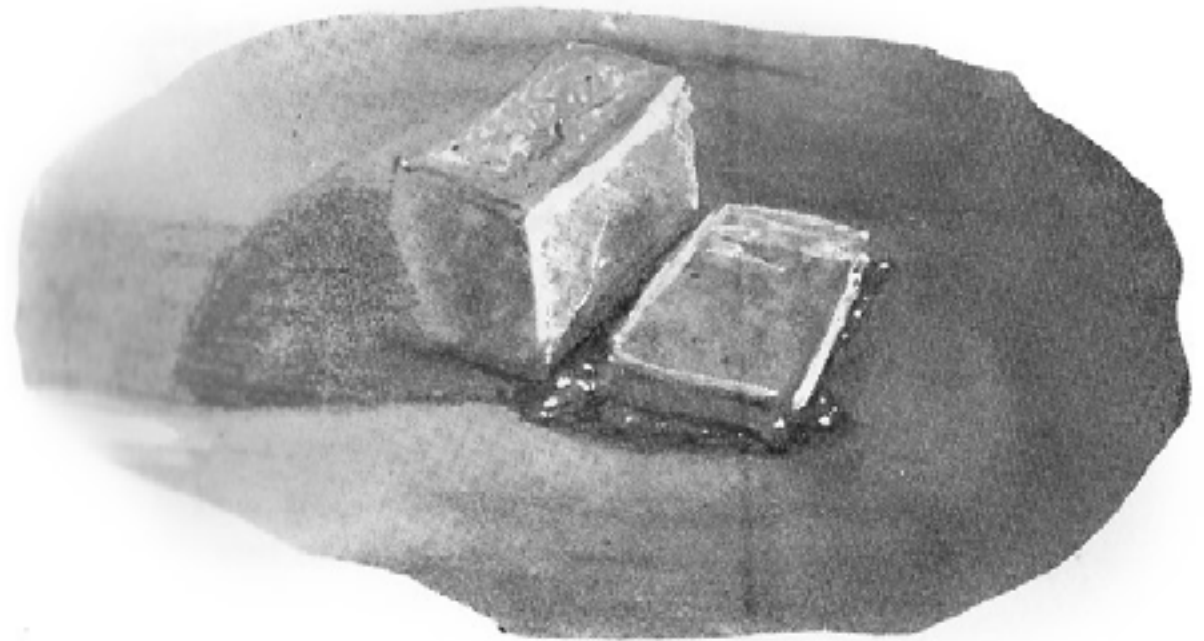
½ lb. tofu
1 C apple cider, unsweetened orange juice, or unsweetened pineapple juice
1 banana
1 T honey
1 tsp. vanilla
½ C fruit: strawberries, blueberries, dates, nectarines, pineapple, peaches, papayas, plums, raspberries, blackberries, etc.

Blend all ingredients well in a blender. Use whichever fruit or combination of fruits sounds good to you. The possibilities are endless.

2 servings

NOTES

quick snacks
and sandwiches



When you need something for fast energy,
tofu is always ready.

SESAME SLICES

¼ C sesame butter

¼ C wheat germ

¼ C miso

1 lb. tofu, well drained

Blend miso and sesame together.

Slice tofu into 8 slices. Spread one side of each slice with miso-sesame and sprinkle with wheat germ. Fry in a little hot oil until brown. Spread other side and sprinkle with wheat germ. Turn and fry second side until brown. Good to eat as is or in a sandwich with sprouts and tomato slices.

*This recipe is from **Diet for a Small Planet**, an excellent vegetarian cookbook with much information on nutrition.*

HERBED CORNMEAL SLICES

1 C cornmeal

1 T parsley flakes

½ tsp. thyme

½ tsp. sage

½ tsp. rosemary

½ tsp. oregano or basil

½ tsp. salt

¼ tsp. black pepper

1 lb. tofu, well drained

Mix cornmeal and herbs.

Slice tofu into 8 slices. Coat each slice with mixture and fry in a little hot oil until brown, turn and fry other side. Sprinkle with soy sauce if desired and eat.

FRIED TOFU SLICES

1 lb. tofu, well drained

½ C whole wheat flour or nutritional yeast (optional)

Slice tofu into 8 slices. Coat with flour or yeast if desired, and fry in hot oil until a nice brown crust forms. Turn and fry other side. These quick fried slices are good plain or in a sandwich with sprouts, sliced vegetables, and some tofu sandwich spread.

CHICKEN-LESS SAUCE

6 T soy margarine

4 T whole wheat flour

2-3 T nutritional yeast

1 T miso

2 C soy milk

½ lb. tofu, cut in ½-inch cubes

1 onion, chopped

2 carrots, diced

In a frying pan, melt 2 T soy margarine. Saute tofu and onion until both are lightly browned. Add carrots and saute.

In a pot, melt 4 T soy margarine at medium heat. Blend in flour, yeast and miso, and toast for a few minutes. Add soy milk and cook at medium high heat, stirring constantly, until mixture bubbles and thickens. Stir in cooked tofu and vegetables and serve over toast or cooked grain. This is a very hearty and filling meal.

CHICKEN-LESS SOUP:

Add 2 C vegetable stock to sauce. If desired, stir in leftover cooked grain and vegetables. Simmer until warmed through.

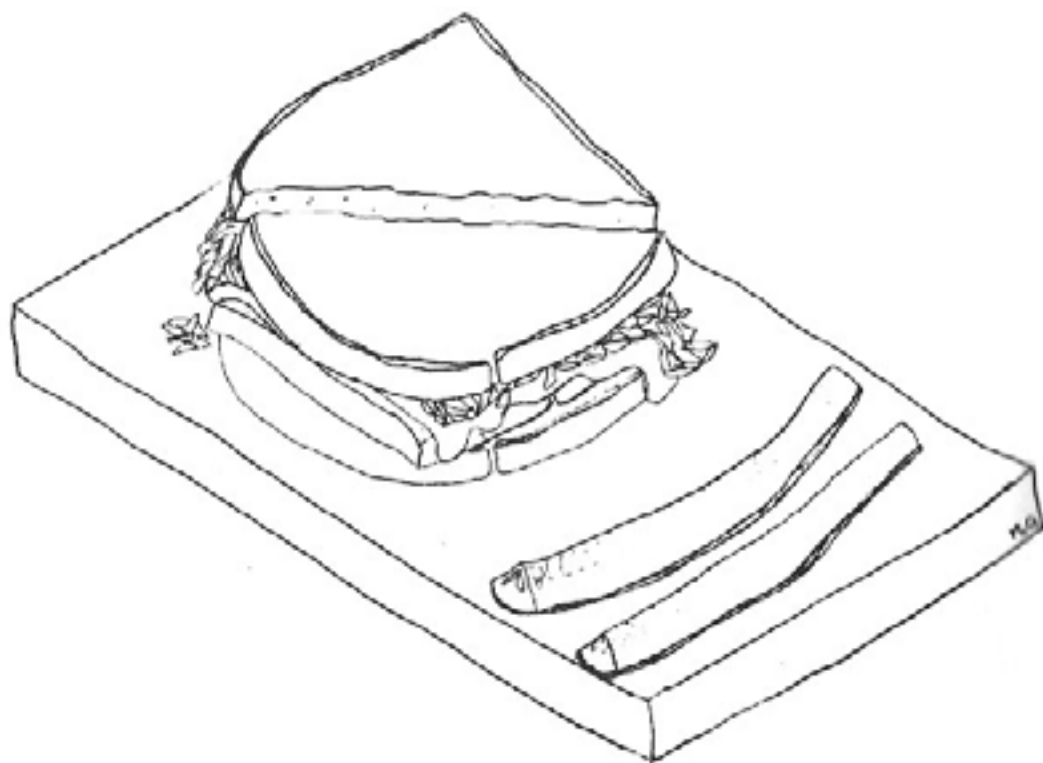
3-4 servings

TOFU REUBEN

- 1 pkg. Island Spring Delicious Steamed Tofu
or 1 lb. fried tofu slices
- 4 large slices Swiss cheese
- 1 C sauerkraut, well drained
- 8 slices pumpernickel or rye bread
- 1 C hot Spanish Tofu Dip or any Mayo or
salad dressing
- butter

Spread a bread slice with tofu dip. On top, put 2 slices Steamed Tofu, 1 slice cheese, $\frac{1}{4}$ C sauerkraut, and a second bread slice. Spread butter on outside of sandwich and grill both sides until brown.

Makes 4 sandwiches



ANNE'S BROILED TOFU

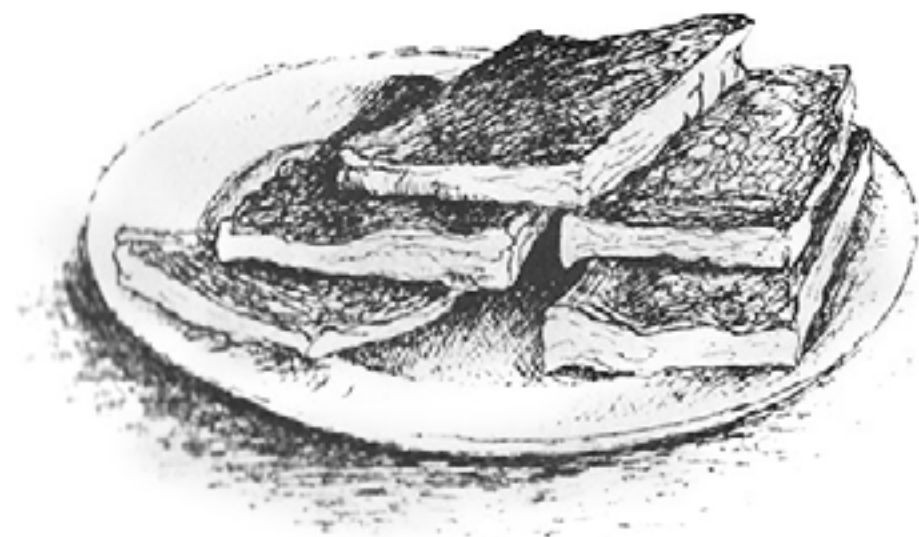
- 1 lb. tofu, sliced thin
- steamed tofu sauce

Marinate tofu slices in sauce a few hours or overnight. Broil about 10 minutes or until a brown crust forms. Turn, and broil a few minutes on the other side.

STEAMED TOFU SAUCE:

- 3 T soy sauce
- 3 T water
- pinch ground ginger
- pinch black pepper
- pinch cayenne powder
- pinch garlic powder
- $\frac{1}{4}$ tsp. honey

Mix well.



SOUPS



Tofu is a good addition to any soup.

Plain, or fried in cubes or strips, just throw some in at the last minute. For creamed soups, try substituting soymilk for all or part of the dairy milk. A tasty, nutritious change!!

MISO SOUP

- 1 med. onion, chopped
- 1 clove garlic, minced
- 2 tsp. sesame oil
- 1 C cooked brown rice, or ½ pkg. buckwheat noodles (4 oz.)
- 1 C chopped vegetables
- 1 qt. stock or water
- ½ lb. tofu, cubed
- 4 T miso
- dash cayenne (optional)

Saute onion and garlic in oil until golden. Add vegetables, rice or noodles, and stock. Bring to a boil, lower heat and simmer until vegetables are almost cooked and noodles are soft. Add tofu. Dissolve miso in a little hot stock and stir into soup. Add cayenne if desired and serve.

For vegetables try broccoli, carrots, celery, mushrooms, spinach, cabbage, zucchini, peas, green beans, turnips, or whatever you have on hand.

4 servings

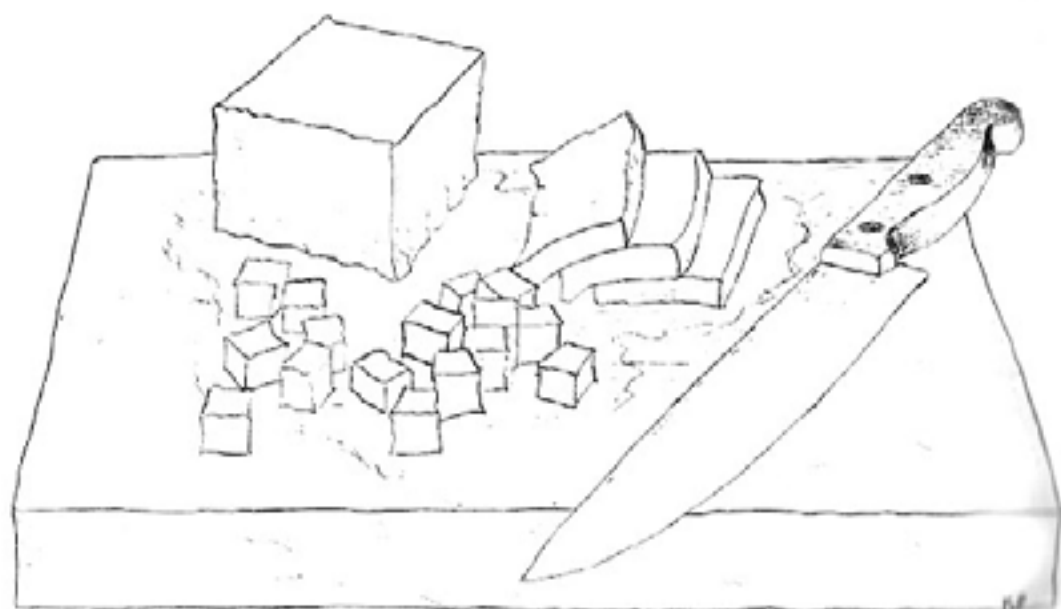


GREEN SOUP

- ½ onion, diced
- 2 cloves garlic, smashed
- 2 T sesame oil
- ½ lb. tofu, cubed
- 10-15 leaves comfrey, spinach, or other greens
- 3 C water or stock
- 2 T miso

Saute onion and garlic in oil for a few minutes. Add tofu, greens and stock. Bring to boil, lower heat and simmer until greens wilt (do not overcook). Dissolve miso in a little stock and stir into soup. Season with kelp, cumin or curry to taste. Serve with a steaming bowl of brown rice or big slices of hot whole wheat bread.

2 servings



HOT AND SOUR SOUP

NOTES

- 6 C stock — vegetable or chicken
- ¼ C carrots, cut into thin strips
- ¼ C mushrooms, sliced (use Chinese mushrooms and fungus if you have them)
- ½ C bamboo shoots (optional)
- ¼ C peas
- 1 lb. tofu, cubed

SAUCE:

- 1 T white vinegar
- 1 tsp. salt
- 2 T soy sauce
- ½ tsp. pepper
- 1 tsp. honey
- ¼ tsp. red pepper or cayenne

- 2 T cornstarch or arrowroot
- 4 T water
- 1 beaten egg
- 1 tsp. sesame oil
- 2 green onions, sliced
- 1 T coriander leaves, minced

Heat stock to boiling. Add vegetables and tofu, bring to a boil, turn down heat and simmer 10 minutes. Mix sauce ingredients well, add to soup. Dissolve cornstarch in water and stir into soup until it thickens slightly. Gradually stir in beaten egg to make “egg flowers.” Add sesame oil, garnish with onions and coriander. Serve immediately.

6 servings

breakfasts



Substitute soy milk for half the water in cooked hot cereals for added heartiness, flavor and protein (be careful, soymilk foams up fast when it boils) or, use it in place of milk in your pancake, muffin, or sweetbread recipes.

Tofu can be mashed and added to any baking batter (it makes everything moist and light tasting) or cubed and fried with eggs or vegetables for a quick, good tasting side dish at a big breakfast or brunch.

SCRAMBLED TOFU

½ lb. tofu, cubed
¼ C water
1 T miso or ½ tsp. salt
1 small onion, chopped

Saute onion in a little hot oil. Dissolve miso in water, and stir in tofu cubes. Add to onions and saute until tofu browns. Serve with soy sauce if desired.

SPANISH SCRAMBLE:

1 green pepper, chopped
1 tomato, sliced

Add to onion in Scrambled Tofu and saute as above. Stir in a few pinches of chili powder.

HERBAL SCRAMBLE:

4-6 mushrooms, sliced

Add to onions in Scrambled Tofu and saute as above. Stir in a few dashes of herbs — oregano, basil, rosemary, sage, thyme, dill, and cayenne.

EGG-EATER SPECIAL:

Fried tofu tastes surprisingly like fried eggs, but if you still want to eat eggs, omit the water and add 2 beaten eggs to the scramble.

2 servings



TOFU FRENCH TOAST

½ lb. tofu
1 tsp. cinnamon
¼ tsp. nutmeg
1 T honey

Blend with enough water to make a slightly runny batter. Dip whole wheat bread slices in batter and fry until brown in a little oil or butter. Turn and fry other side. Serve hot with honey or syrup.

2 servings

TOFU ZUCCHINI FRITTATA

2 C chopped zucchini
oil
6 eggs
2 to 3 T fresh parsley, chopped, or 1½ T dried
1 tsp. thyme, ground
1 tsp. rosemary, ground
½ C grated fresh Parmesan cheese
salt or soy sauce
pepper
1 lb. tofu, drained and cubed.

Heat oil and saute zucchini until lightly browned. Beat eggs and add parsley, thyme, rosemary, half the Parmesan, salt and pepper. Pour over the zucchini and sprinkle tofu cubes throughout the mixture. Cook until almost set, shaking pan occasionally. Sprinkle remaining Parmesan over top and broil a minute or until lightly browned. Serve immediately.

4 servings

dips, spreads, and salad dressings



Use Tofu Mayo or Tofu Sour Cream in your favorite dip or creamy salad dressing for fewer calories and good protein.

TOFU MAYO

½ lb. tofu

1½ T lemon juice

2 T oil

½ tsp. salt, 1 tsp. soy sauce, or 1½ tsp. miso

Blend well in blender.

About 1 cup



TOFU SOUR CREAM

1 C Tofu Mayo

2 T yogurt

¼ C buttermilk

¼ tsp. tarragon

Blend well in blender. If you like it extra sour, add a dash of vinegar.

About 1½ cup

The following recipes can be dips for chips, crackers, or vegetables; sandwich spreads; or salad dressings.

As written, they are dips.

For sandwich spreads, add ½ C chopped vegetables (celery, carrots, bell peppers, zucchini, tomato, green onions).

For salad dressings, add ⅓ C buttermilk, soy milk, or dairy milk.

EGGLESS DIP OR SANDWICH SPREAD

½ lb. tofu

⅓ C mayonnaise or yogurt

1-3 tsp. spicy mustard

⅓ C sweet pickles, chopped

1 tsp. salt

½ green pepper, chopped

½ tsp. paprika

1 stalk celery, chopped

2 green onions, chopped

Mix together well.

About 2 cups

*This recipe is based on a recipe in **The Flavors of Well-Being**, a natural foods cookbook published by **Well-Being** magazine.*

ONION DIP

1 C Tofu Mayo

2 single serving pkg. onion soup mix

Blend well.

SPINACH DIP

- 1/2 pkg. chopped spinach, thaw and squeeze out water
- 1/2 lb. tofu
- 2 T lemon juice
- 2 T oil
- 1/4 C chopped parsley
- 1/4 C chopped green onion
- 1/2 tsp. oregano
- 1/4 tsp. dill seed
- 1/4 tsp. salt

Blend all well in a blender.

About 1 1/2 cups

CURRY OR DILL DIP

- 1 C Tofu Mayo with soy sauce or miso
- 2 T minced onion
- 1/2-1 tsp. curry powder or dill weed
- 1 T minced parsley

Blend well.

About 1 cup

MUSTARD DIP

- 1 tsp. celery salt
- 1 T chopped parsley
- 1/2 C sliced green onions
- 1-2 tsp. Dijon mustard
- 1 tsp. horseradish (1/4 tsp. dried)
- 1/2 tsp. dill weed
- 1/4 tsp. onion powder
- 2 cloves garlic
- 1/2 lb. tofu

Blend well in a blender.

About 1 1/2 cups

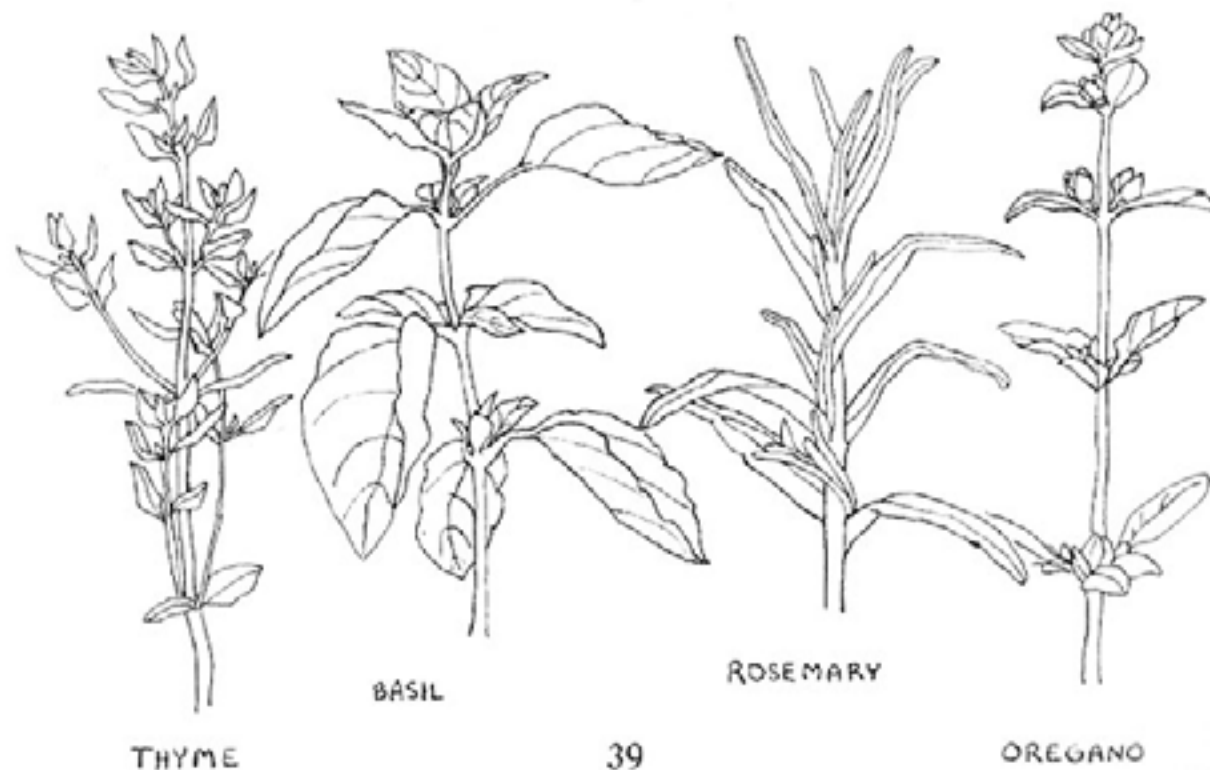
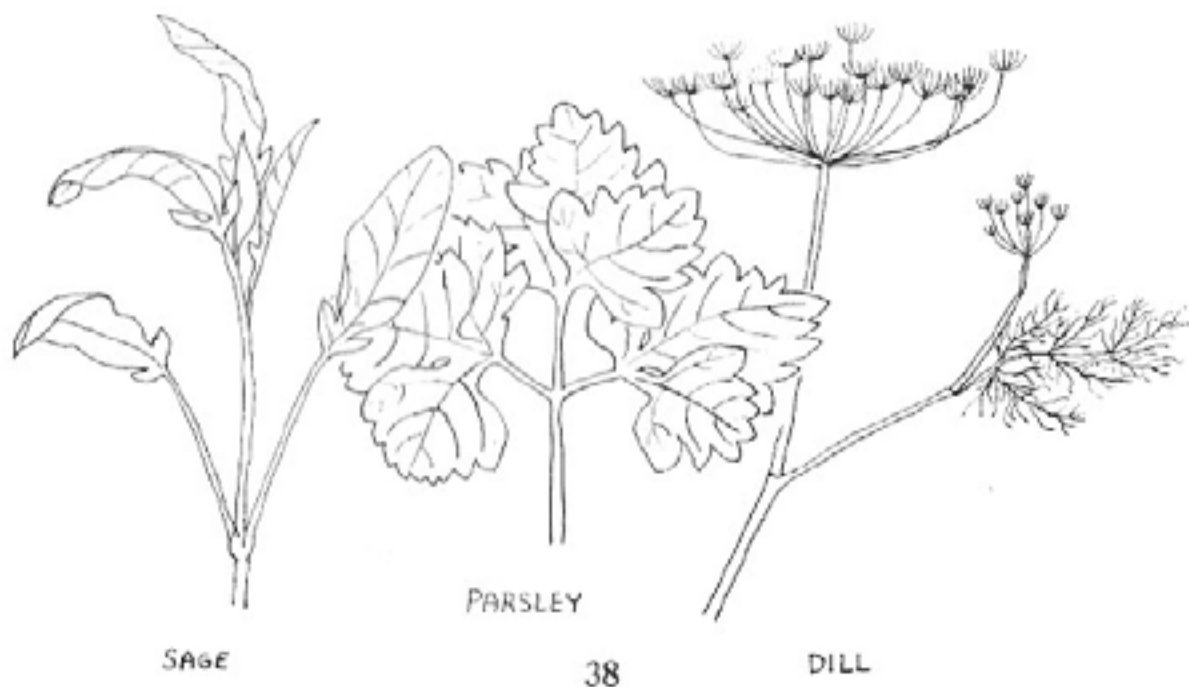
HERBAL DELIGHT

- 1/2 tsp. each:
- | | |
|-----------|---------------|
| basil | rosemary |
| oregano | thyme |
| dill weed | paprika |
| parsley | onion powder |
| sage | garlic powder |

1 C Tofu Mayo

Blend well in a blender.

About 1 1/2 cups



BLUE CHEESE DIP

- 1/2 C crumbled blue cheese
- 2 T lemon juice
- 1/4 tsp. onion powder
- 1/4 tsp. garlic powder
- dash pepper
- 1/2 lb. tofu
- 2 T oil
- 1/2 tsp. salt or 1 T miso

Blend all except blue cheese in a blender. Fold in cheese. Refrigerate 8 hours to let flavors mingle. For salad dressing, add 1/3 C buttermilk.

About 1 1/2 cups



HOT SPANISH DIP

- 1 C Tofu Mayo
- 1-2 tsp. chili powder
- 1/2 tsp. onion powder
- 1/4 tsp. garlic powder
- dash tabasco

Blend well in a blender. This is especially good with fresh fried tortilla chips.

About 1 cup

SESAME-GINGER DIP

- 1/2 lb. tofu
- 1 T ground, roasted sesame seeds or sesame butter
- 1 tsp. honey
- 1 tsp. soy sauce
- 1/2 tsp. grated ginger (optional)
- dash salt

Blend well in a blender.

About 1 cup



TOFU GUACAMOLE

NOTES

**1 large - 3 small avocados, peeled, pitted
and mashed**

½ onion, minced, or 1 tsp. onion powder

½ tsp. garlic powder

1 tsp. chili powder

2 dashes tabasco

2 T lemon juice

½ med. tomato, chopped

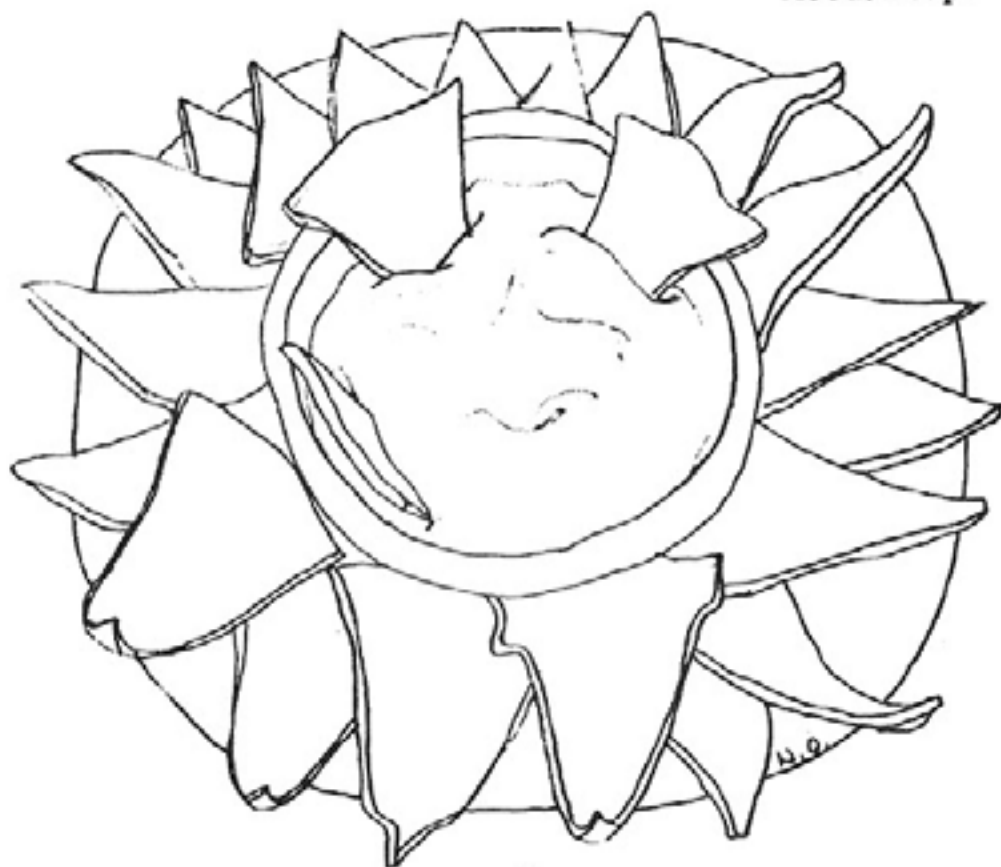
¼ tsp. cayenne

½ lb. tofu, well drained and mashed

salt and pepper to taste

Mash everything together and mix well. The spices in this are moderate so if you like it mild, omit the cayenne and tabasco or if you like it hot, double the cayenne, tabasco, chili powder. This Guacamole is great with fresh fried corn tortilla chips or heaped on tostadas, spread in sandwiches, or rolled in Tofu chiliboules.

About 2 cups



main dishes



Tofu can be used in many of your regular meals by substituting it for all or part of the meat used. This lowers cholesterol, fat, and calorie intake but still gives you protein. Use it plain and soft in sauces or fillings instead of ricotta, cottage cheese or sour cream, or fry it up for a chewy texture.

TOFU LASAGNE

**1/4-1/2 lb. whole wheat lasagne noodles
(about 8 noodles)**
2 cloves garlic, smashed
1/2 med. onion, chopped
2 C tomato sauce (1 lb. can)
2 C whole tomatoes (1 lb. can)
1 tsp. basil
1 tsp. oregano
**1 C spinach, steamed, chopped
(1 pkg. frozen)**
1/4 C Parmesan cheese, grated
1 lb. tofu, mashed
1/2 tsp. nutmeg
salt and pepper to taste
8 slices mozzarella

Cook noodles in a lot of salted water, drain and set aside. Saute onion and garlic in a little hot oil until onion is golden. Stir in tomatoes, sauce, basil and oregano. Simmer about 1/2 hour. Mix spinach, cheese, tofu, nutmeg, salt and pepper.

Layer about 1/3 the noodles in a large casserole or 12 x 7 baking dish. Spread 1/3 cheese mixture and pour 1/3 tomato sauce on top. Repeat layers twice. Top with Mozzarella slices to cover. Bake at 350° for 30 minutes. A great meal with some marinated garbanzo beans and whole wheat garlic bread.

4-6 servings

TOFU NOODLE CASSEROLE

2 C whole wheat noodles (spirals are nice)
1/2 C fresh chopped parsley
1/2 C onion, chopped
1 clove garlic
4 carrots, diced
1 stalk celery, diced
1/2 lb. mushrooms, sliced (optional)
1 lb. tofu, cubed
1 C grated cheese (cheddar)
3 T butter or margarine
4 T flour
1 T miso or 1/2 tsp. salt
1 C water or stock
1 C milk, soy or dairy
1 C whole wheat bread crumbs, seasoned*

Cook noodles in lots of salted water and drain.

Saute vegetables and tofu in a little oil until onion is golden and tofu browns slightly. Mix into noodles. Pour half of mixture into casserole, cover with 1/2 the grated cheese and repeat layers.

Melt butter over medium heat, stir in miso and flour and toast a few minutes. Add milk and stock, cook at medium heat until mixture thickens and bubbles. Pour over casserole, top with bread crumbs, dot with butter. Bake 350° for 30 minutes.

4 servings

**If you do not have whole wheat bread crumbs, use half wheat germ and half regular crumbs. Season with 1/4 tsp. each garlic powder, onion powder, paprika, parsley, oregano and celery salt.*



BROCCOLI TOFU PIE

- 1½ lbs. broccoli, chopped
- 6 T butter, margarine, or oil
- ½ C onion, chopped
- 2 T flour
- 1-1½ T miso or ½ tsp. salt
- ½ C water or stock
- ½ lb. tofu, drained and mashed
- ½ C grated cheese (cheddar or jack)
- ½ C sunflower seeds, hulled
- ¼ C Parmesan cheese
- ½ C wheat germ
- ¼ C toasted, ground sesame seeds

Steam the broccoli until just tender and set aside.

Saute the onion in butter until golden. Add flour and miso, stir 1 minute until well blended. Stir in stock and cook until thick and bubbly. Mix in tofu, cheese, sunflower seeds, and cooked broccoli. Pour into casserole. Sprinkle parmesan, wheat germ and sesame on top.

Dot with butter. Bake at 350° for 30 minutes. For a hearty meal, serve nested on a bed of bulgar wheat or brown rice (about 1 C dry).

4 servings



SPINACH TOFU PIE

- 3 T oil
- 1 onion, chopped
- ¼ C chopped parsley
- 2 tsp. dill weed
- 1 C spinach, chopped (or 1 pkg. frozen)
- ½ lb. tofu, well drained
- 1 T miso or ½ tsp. salt
- pie crust (whole wheat is best)

Saute onion in oil until golden. Add parsley and dill weed, and saute 1 minute. Add spinach, cover pan and steam until spinach wilts. Crumble tofu and stir in. Dissolve miso in a little water and stir in. Pour into 9-inch pie shell. Cover with other crust. Bake at 375° for 30 to 40 minutes. 4 servings

TOFU CROQUETTES

- 1 med. onion, chopped
- 2 T butter
- 1 lb. tofu, press and drain ½ hour
- 2-3 T flour
- 1 T milk
- salt and pepper to taste
- ½ C flour
- 3 beaten eggs
- ½ C seasoned bread crumbs
- oil for deep frying

Saute onion in butter. Remove from heat. Mash tofu and add to onion. Add flour, milk and seasonings, adding more flour if necessary to make a stiff batter. Roll into small balls. Coat with flour, drip on egg, coat with bread crumbs. Deep fry until golden brown. Drain well. Serve plain or with a dip as appetizers, or make a curry or dill sauce and serve them nested on a bed of bulgar or brown rice, smothered in savory sauce for a hearty dinner.

4 servings

TOFU BURGERS

- 1 lb. tofu, drain and press ½ hour
- 1 T minced celery
- 3 T grated carrots
- 2 T minced onions
- 1 T chopped nuts or seeds
- 1 tsp. minced parsley
- ¼ tsp. salt
- ⅓ C wheat germ

Mix all ingredients well, knead a few minutes until smooth and holds together well. Shape into patties and deep fry 4-6 minutes until they float high in the oil and brown. Turn and fry until brown and crisp. Drain and serve. These are good in pita (pocket bread) or whole wheat rolls with tomato slices, sprouts, cheese and your favorite burger spread (Tofu Mayo and tahini, mustard, or soy sauce).

If you do not deep fry you could try broiling them on an oiled tray until they are good and brown.

4 servings

TOFU CHILIQUILES

- 1 green pepper, chopped
- ½ med. onion, chopped
- ½ lb. tofu
- ½ C water
- 2 tsp. chili powder
- pinch cayenne

Saute pepper and onion in hot oil. Add remaining ingredients and simmer 10 minutes. For a satisfying lunch or a light dinner, roll it up in steamed corn or whole wheat tortillas with some chopped tomato, sprouts, avocado or tofu guacamole, and sliced black olives. It is a fine fast meal.

2 servings

*This recipe is from the **Flavors of Well-Being**, an excellent natural foods cookbook available from **Well-Being** magazine.*

LEAFY TOFU SAUTE

- ½ lb. tofu, cubed
- 2 C leafy greens (spinach, beet, etc.)
- 1 tsp. sesame oil
- ¼ C toasted ground sesame seeds
- 1 tsp. sherry (optional)
- soy sauce to taste
- 1 C brown rice, cooked

Saute tofu in oil a few minutes. Add greens and steam until greens wilt. Sprinkle seeds, soy sauce and sherry on top. Stir 1 minute. Serve immediately with brown rice.

2 servings



STIR FRY VEGETABLES AND TOFU

1 carrot, cut in thin 1-inch strips
1 stalk celery, sliced diagonally
a few leaves spinach
¼ lb. bean sprouts
1 zucchini, cut in thin 1-inch strips
¼ C peas
¼ C green beans, sliced
½ lb. broccoli, sliced diagonally
¼ lb. mushrooms, sliced
1 lb. tofu, cubed
2 cloves garlic, smashed

SAUCE:

2 T soy sauce
1 tsp. sesame oil
¼ tsp. crushed red pepper (optional)
1 tsp. hot bean sauce* or miso
3 green onions, sliced
2 tsp. ginger root, minced

Saute garlic in 2 T hot oil in wok or large frying pan. Add vegetables and tofu. Stir fry until vegetables get a little soft and greens turn dark. Mix sauce ingredients well, pour over vegetables and stir fry another minute. Serve immediately on a lot of brown rice.

4 servings

The vegetables in this are all optional. You can use a lot of any one or add what vegetables you like best. This meal can be different every time.

**Hot bean sauce is available at most Chinese groceries.*



GADO GADO

Indonesian steamed vegetables with spicy peanut sauce

- 1/2 lb. green beans, sliced
- 1/2 small cauliflower, broken into flowerettes
- 1/2 small cabbage, cut in thin strips
- 1/2 lb. bean sprouts
- 2 med. potatoes, cooked and sliced
- 2 hard boiled eggs, sliced (optional)
- 1 lb. tofu, drain and press 1/2 hour
- 1 onion, sliced in very thin strips
- 1 lb. can unsweetened pineapple chunks
- 1-2 C raw brown rice, cooked
- peanut sauce

Arrange beans, flowerettes, cabbage and bean sprouts in a steamer and steam about 10 minutes or until cabbage wilts and beans start to get soft. Do not overcook (the vegetables should be a little crunchy). Remove from steamer and let cool.

Cut tofu into 1/2-inch cubes and deep fry in hot oil until speckled with brown. Drain well and cool.

In the same oil, deep fry onion strips until very brown and crisp. Drain well.

Arrange on a platter as shown.

Give everyone a big plate of rice and let them cover it with their choice of vegetables, smothering it all in peanut sauce, and sprinkling crispy onion on top. Keep the pineapple on the side to cool the throat if you make a good spicy sauce. An amazingly high protein meal.

4 servings

KATJANG SAUCE

Spicy peanut sauce for Gado Gado

- 1 med. onion, chopped
- 2 cloves garlic, smashed
- 1 C peanut butter, crunchy, unsweetened
- 1 C milk, soy or dairy, or coconut milk
- 1/2 tsp. Sambal oelek*
- 1 T brown sugar or honey
- salt to taste

Saute onion and garlic in a little hot oil until onion is well cooked. Remove from heat and add remaining ingredients. Stir well until smooth, and heat until warm, adding a little water to keep sauce from getting too thick.

2-3 C sauce

**Sambal oelek is crushed red peppers. It is available at import groceries such as House of Rice. If you do not want to buy it, substitute cayenne and a dash of tabasco. The amount shown is nice and mild. I usually use 2 tsp. sambal oelek or more. Spice it up if you like hot food, it is great!*



NANCY'S CANNELONI TOFU

Before you start, I must inform you that this meal takes about 2 hours to prepare. It is worth every minute.

1. TOMATO SAUCE:

- 1 med. onion, finely chopped
- 2 T butter or olive oil
- 1 C finely chopped parsley
- 1 carrot, finely chopped
- 1 red or green bell pepper, finely chopped
- 1-1 lb. can tomatoes (Progresso pear tomatoes are great)
- 1½ C vegetable or chicken broth
- 1 tsp. basil leaves, crushed
- salt to taste

Saute onion in oil until onion is soft. Add parsley, carrot and pepper. Cook, stirring, until carrot is soft. Add the liquid from canned tomatoes. Chop tomatoes and add. Add remaining ingredients and bring to a boil. Cook on high heat, stirring occasionally until sauce is very thick (about ½ hour).

2. BECHAMEL SAUCE:

- 1 med. onion, minced
- 4 T butter
- 3 T flour
- ¾ C vegetable or chicken stock
- 1 C milk, soy or dairy
- ¼ tsp. nutmeg
- salt to taste

Saute onion in butter until soft. Blend in flour and stir 1 minute. Stir in stock, milk and spices. Simmer uncovered, stirring frequently, until very thick (about 15 minutes).

3. TOFU FILLING:

- 1½ lbs. tofu, press and drain ½ hour
- 1 large onion, chopped
- 2 T butter or olive oil
- ¼ tsp. nutmeg
- 2 eggs
- ½ C parmesan
- 1 C ricotta
- salt to taste
- ½ C chopped parsley

Slice tofu very thin (16 slices to a pound). Fry in a little oil at medium high heat until a brown crust forms. Turn and fry other side. The texture here is very important, so make sure they have a solid, rubbery crust. Unless you have a large griddle, you will need to do this a little at a time. Add a little oil each time or the tofu will stick. Set fried slices aside.

In another pan, saute onion in oil until golden. Let cool. Mix in remaining filling ingredients and blend well. Take cooled tofu slices and slice each one into small (¼-inch square) cubes. Stir this into filling.

4. CREPES:

- 3 eggs, beaten
- ⅔ C flour
- 1 C milk, soy or dairy
- butter

Stir the flour into the eggs until well blended. Add milk and mix until smooth.

Heat up a small frying pan or 6-inch crepe pan on medium heat.

For each crepe, melt ½ tsp. butter in pan. Pour in slightly less than ¼ C batter and roll pan slightly so batter spreads evenly. Cook until a few brown spots appear and batter is not runny. Turn and lightly brown other side. Makes about 12 crepes.

5. FINAL ASSEMBLY:

4 C (1½ lbs.) shredded jack cheese

Blend tomato sauce and bechamel sauce. Spoon into individual containers or a 12 x 7 baking pan or casserole.

Mound about ¼ C filling into the center of each crepe and roll up. Set crepes seam side down, side by side in sauce.

Cover with shredded cheese. Bake at 450° for 15 minutes.

You can make these up the day before and bake them just before eating. They are unbelievable.

Serve some marinated beans or artichokes first to get taste buds ready, and enjoy.

4-6 servings

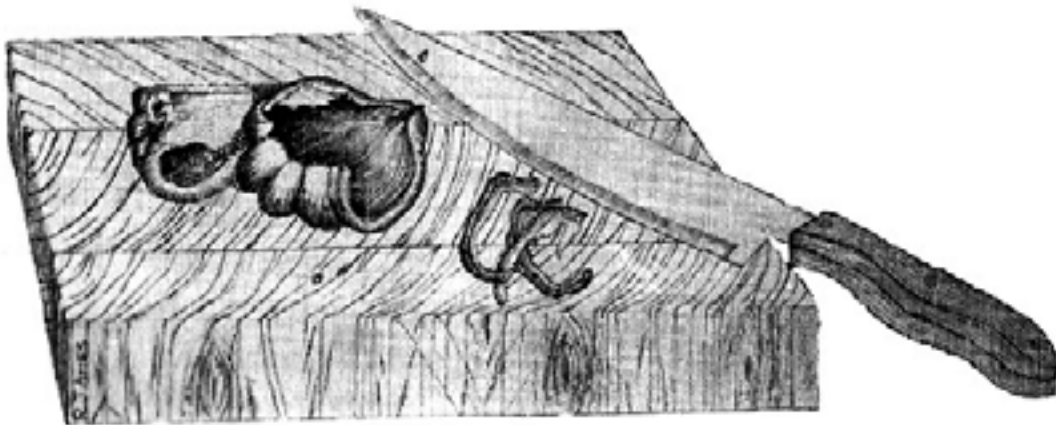
FANTASTIC CURRIED TOFU

1 med. onion, chopped
1 clove garlic, smashed
1 slice ginger root, minced
1 lb. tofu, cubed
2 apples, sliced
5 whole cloves
1 stick cinnamon
½ hot pepper, minced (optional)
1 tsp. black pepper, ground
1 tsp. cumin, ground
1 tsp. coriander, ground
1 tsp. salt
½ tsp. turmeric
1 tsp. paprika
1 C water or stock
¼ C raisins
¼ C raw cashews
1 T cornstarch
2 T cool water
1 C raw brown rice, cooked
condiments

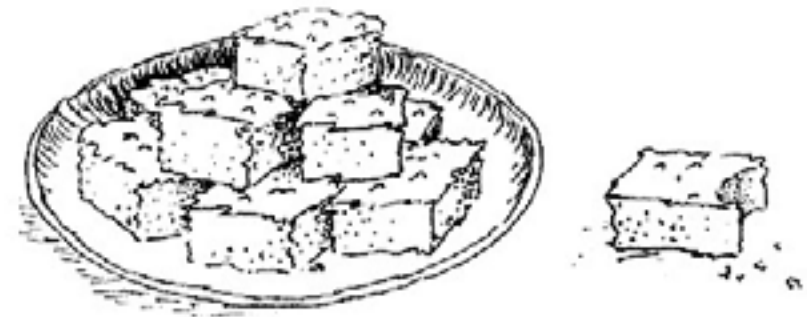
Saute onion, garlic and ginger in a little oil until onion is soft and golden. Add tofu, apple, cloves, cinnamon and hot pepper. Saute until onion and tofu start to brown. Add ground spices and saute 1 minute. Add stock, raisins, and cashews. Simmer about 10 minutes. Dissolve cornstarch in cool water. Form rice into a mound on a large platter. Cover with curry. Serve with your choice of condiments in small bowls as shown.

Each person takes a serving of rice and curry, and sprinkles with condiments as desired. This curry is *very* spicy (and good)! If it is too hot for your taste, soothe your throat with yogurt or pineapple.

4 servings



desserts



Tofu can be blended into many desserts in place of whipped cream or sour cream to make rich pies light, or added to any cake or cookie recipe for extra moistness as well as extra nutritional value.

Soy milk can be substituted for the dairy milk in any recipe for a different flavor and good protein.

TOFU CHEESECAKE

- 2 T agar agar flakes or 2 pkg. unflavored gelatin
- $\frac{2}{3}$ C milk, soy or dairy
- $\frac{1}{2}$ C honey
- $\frac{1}{4}$ tsp. salt
- 2 tsp. lemon rind, grated
- 2 T lemon juice
- 1 tsp. vanilla
- $1\frac{1}{2}$ lb. tofu, press and drain $\frac{1}{2}$ hour
- 1 C Tofu Whipped Cream
- 1 pie shell

Put agar in milk, let stand 5 minutes. Add honey and salt. Cook over low heat, stirring constantly, until mixture thickens slightly. Blend in lemon rind, lemon juice, vanilla, and mashed tofu until smooth. Fold in Tofu Whipped Cream. Spoon into a baked pie shell. Sprinkle with reserved crumbs or cover with a fruit topping. Chill 4 hours or more.

One 9-inch pie

PIE SHELL

- $1\frac{1}{4}$ C graham cracker crumbs, crushed (about 15 squares)
- 1 T honey
- $\frac{1}{4}$ C melted butter or margarine

Stir honey into melted butter until dissolved. Mix in crumbs until well blended. Reserve $\frac{1}{4}$ C for topping if desired. Press remainder firmly into 9-inch pie pan. Bake at 350° for 10 minutes.

GRANOLA PIE SHELL:

Use $1\frac{1}{4}$ C granola instead of graham cracker crumbs and omit honey. Prepare as above.

TOFU WHIPPED CREAM

- $\frac{1}{2}$ lb. tofu
- 1-2 T honey
- $\frac{1}{2}$ tsp. vanilla
- dash salt

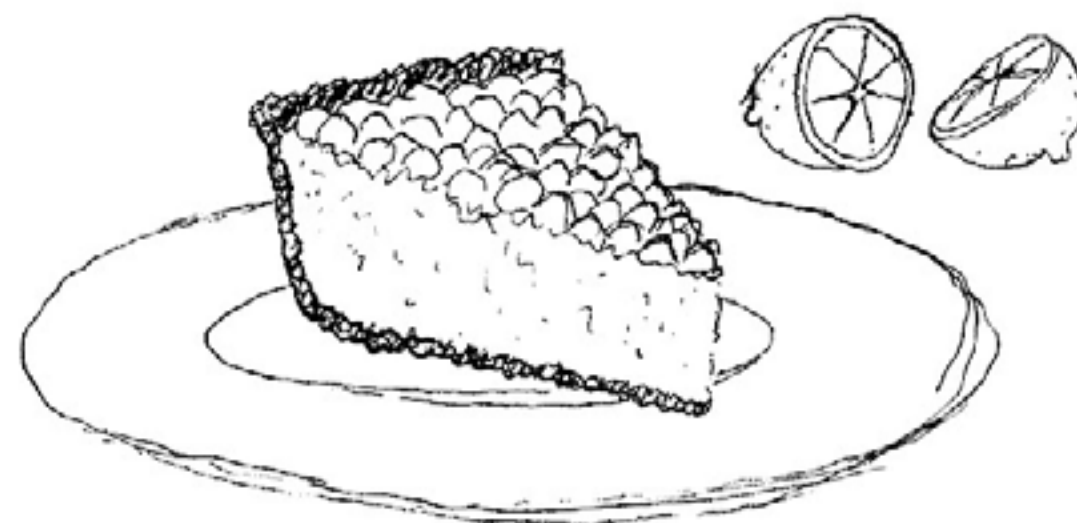
Blend well in a blender. If a thinner topping is desired, add a little soy milk.

About 1 cup

CHEESECAKE FRUIT TOPPING

- $\frac{1}{2}$ C honey
- 3 T cornstarch or arrowroot
- $\frac{1}{3}$ C water
- 1 C mashed fruit — strawberries, cherries, blueberries, pineapple, raspberries, peaches, etc.
- $\frac{1}{4}$ C whole berries or fruit chunks

Blend honey, cornstarch and water well. Stir in mashed fruit. Cook, stirring constantly until it thickens and boils. Boil and stir 1 minute more. Cool thoroughly. Stir in whole berries or garnish top of pie with whole fruit pieces.



TOFU CAROB CREME PIE

1½ lb. tofu, press and drain ½ hour
1 T carob powder or unsweetened cocoa
1 tsp. vanilla
¼ tsp. cinnamon
½ C honey
1 T sesame tahini or sesame butter
dash nutmeg
¼ C slivered almonds (optional)
¼ C shredded coconut (optional)
pie shell

Blend tofu, carob, vanilla, cinnamon, honey, tahini, and nutmeg in a blender until smooth. Spoon into pie shell (see cheesecake recipe for pie shell). Top with almonds and coconut if desired. Chill 4 hours or more. Serve with Tofu Whipped Cream if desired.

One 9-inch pie

PINEAPPLE BANANA TOFU PIE

1 lb. tofu, press and drain ½ hour
2 eggs (optional)
¼ C honey
2 T lemon juice
1 tsp. grated lemon rind
1 tsp. vanilla
1 or 2 med. bananas
1 can (8 oz.) crushed pineapple, well drained
pie shell

Blend everything except pineapple until smooth. Fold in pineapple or reserve it and use as topping. Spoon into pie shell (see cheesecake recipe for pie shell). Bake at 325° for 1 hour. Cool on rack. Chill 4 hours or more.

One 9-inch pie

SOUR TOFU APPLE PIE

4 T flour
⅛ tsp. salt
¼ C honey
1 egg
½ lb. tofu, pressed and drained
2 T lemon juice
1 tsp. vanilla
¼ tsp. nutmeg
5 C pared, diced apples (5 large apples)
1 pastry crust

Blend everything except apples in a blender. Fold in apples. Spoon into pastry crust. Bake at 400° 15 minutes and 350° for 30 minutes. Spoon topping over pie. Bake at 400° for 10 minutes.

One 9-inch pie

TOPPING:

2 T honey or ⅓ C brown sugar
⅓ C flour
2 tsp. cinnamon
¼ C melted butter

Mix well.



ANNE'S TOFU BROWNIES

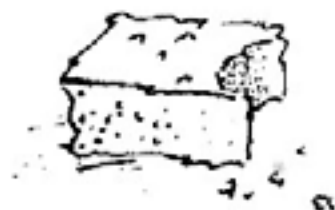
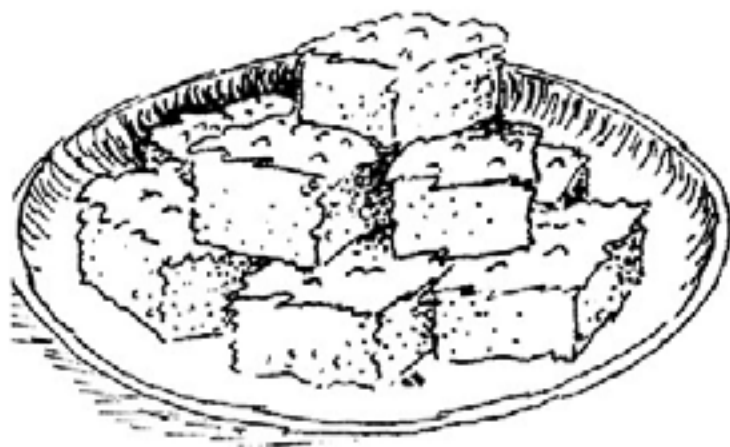
This recipe is an example of how tofu can be added to any cake or cookie recipe. You'll love the extra-moist texture your recipes will have.

- 2/3 C flour**
- 1/4 tsp. salt**
- 1/2 tsp. baking powder**
- 2 eggs, beaten**
- 1/2 C honey**
- 1/3 C butter**
- 2 squares unsweetened chocolate***
- 1/2 lb. tofu, well drained**
- 1 tsp. vanilla**
- 1/2 C chopped nuts (optional)**

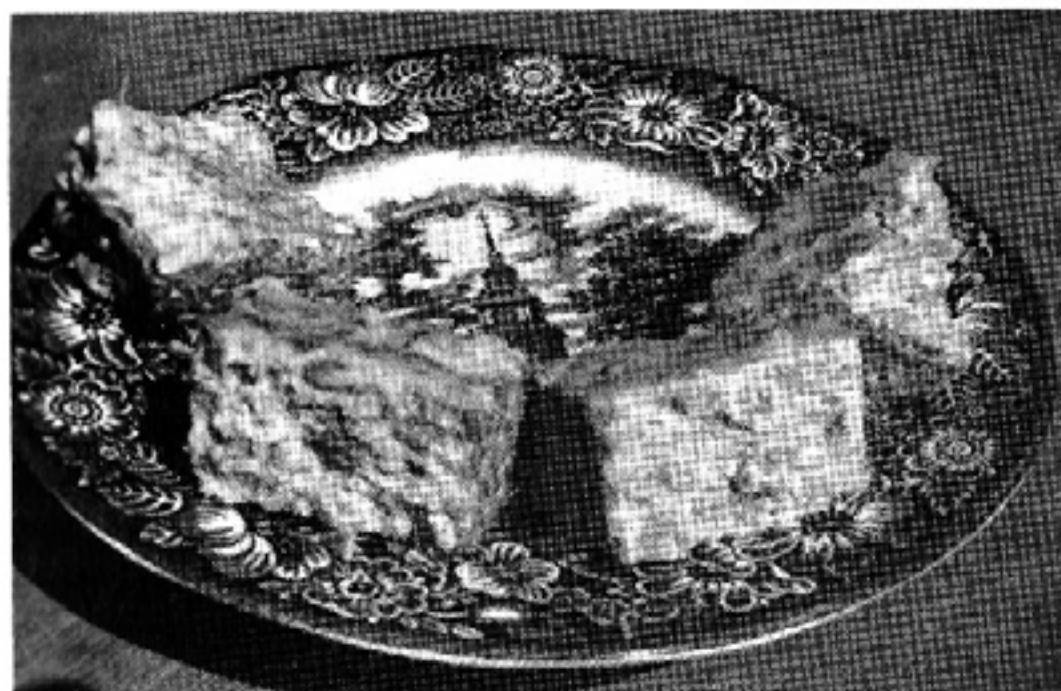
Stir together flour, salt and baking powder. Set aside. Beat eggs. Add honey gradually, beating until creamy. Melt butter and chocolate together. Beat into egg and honey mixture. Add tofu and beat until blended. Mix in flour mixture. Stir in vanilla and nuts. Pour into an oiled 8-inch square pan and bake at 350° for 25 minutes.

One 8-inch pan

**If desired, use 1/2 C carob powder or unsweetened cocoa and increase butter to 1/2 C.*



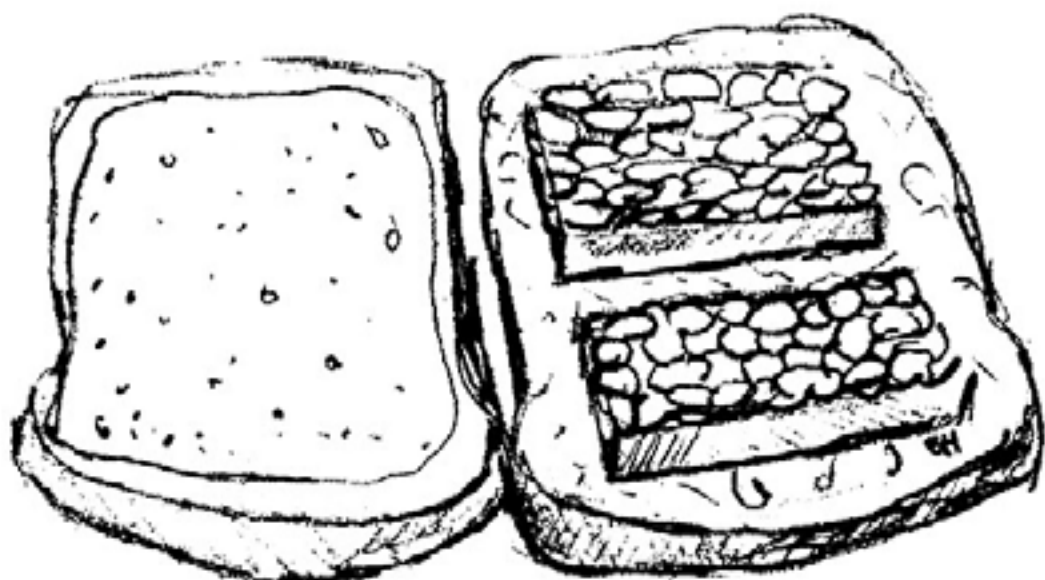
Special
Tempeh
Recipes



An introduction to the use of Tempeh.

TEMPEH SANDWICH

Using either steam-fry tempeh or marinated tempeh, cut tempeh cake into 1-inch squares either before or after cooking. Serve in pocket bread with lettuce, tomato, and onions with either hot sauce or mushrooms and soy sauce.



BROILED OR BAKED TEMPEH

Brush tempeh cake with oil. Bake at 350° for 10 to 15 minutes. Spread miso over top of cake and bake for 5 more minutes.

For a milder taste, dilute $\frac{1}{4}$ cup of red or barley miso with 1 tsp. honey and 1 T water.

SESAME-MISO-TEMPEH SANDWICH

Spread slices of steam-fried tempeh on one side with a little miso and on the other side with sesame butter. Put the slices between slices of whole grain bread and eat!

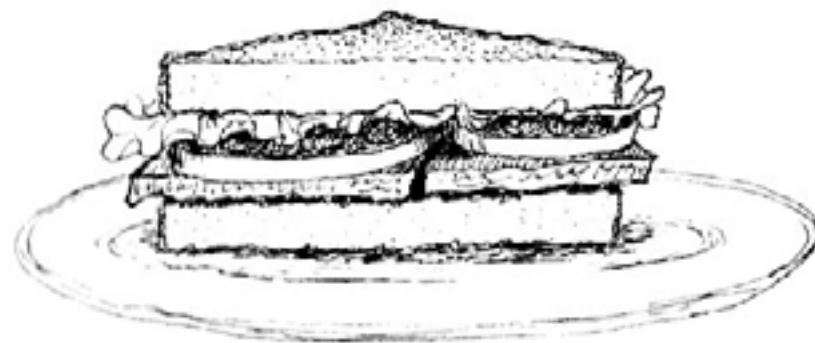
TEMPEH GREEN CHILI CREAM CHEESE SANDWICH*

- 1 pkg. Island Spring Soybean Tempeh cut horizontally into 6 slices and deep fried or pan fried with vegetable oil
- 4-oz. can green chili split in half
- 1 large tomato
- $\frac{3}{4}$ C Tofu Mayo or any mayonnaise
- mustard
- cream cheese (optional)
- 6 slices whole wheat or rye bread

Spread a bread slice with Tofu Mayo. On top put 1 slice deep fried tempeh, 2 slices of green chili, 1 slice of tomato. Spread a second bread slice with mustard and cream cheese.

Put bread slices together and serve.

**You will not believe the wonderful flavor of this easy to make meatless sandwich.*



MARINATED TEMPEH

Cut tempeh cake in quarters (approx. 3-inch by 3-inch). Score both sides to depth of $\frac{1}{8}$ -inch. Marinate for 5 minutes in the following sauce:

$\frac{1}{2}$ C water, $\frac{1}{2}$ tsp. salt, crushed clove of garlic, one green onion, $\frac{1}{2}$ tsp. fresh ginger and if desired $\frac{1}{4}$ tsp. coriander or curry powder. Steam-fry. Serve with soy sauce.

STEAM FRY TEMPEH

Cut a one-pound cake of tempeh into quarters (approx. 3-inch by 3-inch). Bring 4 T oil to medium high heat in heavy skillet with tight fitting lid. Fry tempeh cake until golden brown (approx. 5 minutes). Brown other side and then add 1-2 T water and replace lid. Steam for 5 minutes, adding more water as necessary. Turn tempeh cake and steam for 5 minutes more. Serve with soy sauce and garnish with scallions.

TEMPEH IN SOUPS AND SAUCES

Cut tempeh cake into 1-inch squares. Saute until golden brown. Add to soup 30 minutes before soup is ready or use to replace meat in spaghetti sauce.



RUSS'S WEDDING TEMPEH DISH

$\frac{1}{2}$ lb. tempeh — crushed or cut into small pieces

1 large carrot, diced

1 large onion, diced

1 stock of celery, diced

2 T soy sauce

6 tsp. oil

2 cloves garlic

$\frac{1}{4}$ tsp. ginger

1 tsp. oregano

$\frac{1}{2}$ tsp. sweet basil

$\frac{1}{2}$ tsp. basil

$\frac{1}{4}$ tsp. cayenne (optional)

1 can (15 oz.) tomato sauce

$\frac{1}{4}$ tsp. sesame seeds

$\frac{1}{4}$ tsp. parsley

Stir fry carrot with 2 tsp. oil and then add the celery and onion until the carrot is cooked.

Stir fry tempeh with rest of oil. Sometimes the tempeh needs more oil. If you don't want to use that much oil then add a little bit of water, cover the pan and steam it for a minute.

Mix tempeh and vegetable together in a wok or baking dish.

In the meantime you should make the sauce:

SAUCE:

Blend garlic, ginger and all the herbs and tomato sauce together in a blender.

Pour the sauce into the tempeh and vegetable mix and sprinkle sesame seeds and parsley on top. Bake at 400° for 20 minutes.

3 servings

Explanation of Terms

Agar Agar — Agar is made from special varieties of seaweed which are boiled, frozen, and dried. It is used as a gelatin substitute.

Complementary Protein — Many vegetable proteins have a deficiency in one or more essential amino acids that limits the amount of protein that your body can actually use. By combining different proteins, a deficiency in one food can be balanced by an abundance of that particular amino acid in another food. This combination then increases the amount of usable protein considerably. Tofu is limited by a deficiency in sulphur-containing amino acids and can be complemented by rice, wheat, millet, and other grains; sesame seeds, sunflower seeds, and various nuts; cheese and eggs; cornmeal; or any combination of these sources.

For more information on protein complementarity, theory and practice (as well as many great recipes) see **Diet for a Small Planet** by Frances Moore Lappe.

Garlic, smashed — Put an unpeeled clove of garlic on a cutting board. Place the flat of a broad knife on top and pound with fist. The garlic will be broken enough to blend into any dish, and the peel can be easily removed. A fast and easy way to prepare garlic.

Miso — Miso is fermented soy bean paste. It has a high salt content, but also a high protein content. The amino acids are complementary to grains and a small amount of miso can give a boost of 30-40% available protein. For vegetarians, it is also a source of vitamin B12. Because of its saltiness, it is most often used as a spice, with 1 T miso substituting for ½ tsp. salt, 1 tsp. Worcestershire sauce or soy sauce, or 1 cup boullion or stock. There are several different varieties of miso, each with its own distinctive flavor, so experiment and see which you like

best. It can be stored in a sealed jar at room temperature almost indefinitely. You can find miso at most natural food stores and food co-ops.

For more on information on miso, how it is made and how to use it, see **The Book of Miso** by William Shurtleff and Akiko Aoyagi.

Nutritional Yeast — Nutritional yeast is a really good tasting and nutritious addition to many foods. It is high in B vitamins and can taste like chicken, cheese or nuts when fried or cooked in a sauce, or it can taste like malt blended into smoothies or shakes. Nutritional Yeast is available at most natural food stores or food co-ops (be careful to get Nutritional Yeast, not brewer's or torula yeast as they are sometimes very bitter).

Okara — Okara is the traditional Japanese name for the soy pulp that is left after soymilk is pressed out of ground, cooked soybeans. It still retains a lot of protein (equivalent to cooked brown rice) and can be used in many ways. Okara can be sauteed and added to vegetables, soups or stews; dried and roasted as a topping on casseroles; blended into baked goods; or spiced and molded into burgers or "soysages." At present we do not market Okara, but if you stop by our shop Sunday through Thursday, between 6 a.m. and noon, we can probably sell you some "hot off the press." Okara is highly perishable and will keep fresh less than a week if refrigerated. To keep it longer, it must be dehydrated.

For recipes, see **The Book of Tofu** by William Shurtleff and Akiko Aoyagi, and **The Farm Vegetarian Cookbook** by Stephen.

Sesame Seeds, ground and roasted — Sesame seeds are difficult to digest unless they are well pulverized, so it's a good idea to run them through the blender until they just start to lump up and most of the seeds are broken. For a nutty flavor, first toast the seeds lightly in a dry pan at medium high

heat, stirring constantly until they start to pop and brown slightly. Don't burn them! Let them cool before blending. Store ground seeds in a sealed jar in the refrigerator. They are a tasty addition to any casserole and are also good in sauces (especially tomato sauce), in granola, on cakes, pies, cookies, yogurt, or ice cream — actually, anywhere you want a new nutty flavor and texture. Sesame seeds are rich in calcium and are complementary to soy products in protein.

Soymilk — Soymilk is the liquid pressed from ground, cooked soybeans. It is thick and rich, high in protein and iron, low in calories and contains no cholesterol. The flavor is different than dairy milk — so don't expect it to taste the same — but when you get used to it, you'll find it has a rich sweetness that is very nice. In cooking and baking, it can be substituted cup for cup for dairy milk. For plain drinking, it's great hot or cold with a little honey, molasses, or sweet barley malt added. Some carob, sesame butter, or spices blended in will make it a special treat. Soymilk is available at most natural food stores and food co-ops. It must be refrigerated and will keep fresh about one week.

For more information on soymilk, see **The Book of Tofu** by William Shurtleff and Akiko Aoyagi.

Soyfreeze — Soyfreeze is an ice cream-like product made from soymilk, oil, and honey with natural flavorings and fruit added. While not as sweet as ice cream, it is rich, creamy, flavorful, and very refreshing. Try it! At present it is available through Golden Temple and some food co-ops.

Tempeh — Tempeh is a delicious and nutritional food that has been a tradition in Indonesia for over a thousand years. It is a fragrant cake of soybeans bound together by the mold *Rhizopus Oligosporus*. We cook organic soybeans in water with a small amount of apple cider vinegar to provide a

favorable environment for growth of the Rhizopus spore. The beans and spores are mixed, packed into trays with perforated lids and then "incubated" at 88° for 24 hours. The result is a firm white cake which smells like fresh yeasted bread. It is then quick frozen to stop the growth of the spores and to preserve freshness.

The process is one requiring low technology and energy and utilizing food that is low on the food chain. Tempeh is high in protein, low in calories, with no cholesterol, and, in addition to the well known nutritional value of soybeans, is a true "health food." The spores break down soy proteins and oils, making the beans easier for the body to digest and also producing an antibiotic beneficial to the intestinal tract.

Tempeh should be kept frozen and thawed just before use. Black or gray spores on the surface of the cake do not indicate spoilage but are the natural protective shield produced by the Rhizopus spore after growing 24 hours. Although it can be eaten raw, Tempeh is must tastier cooked.

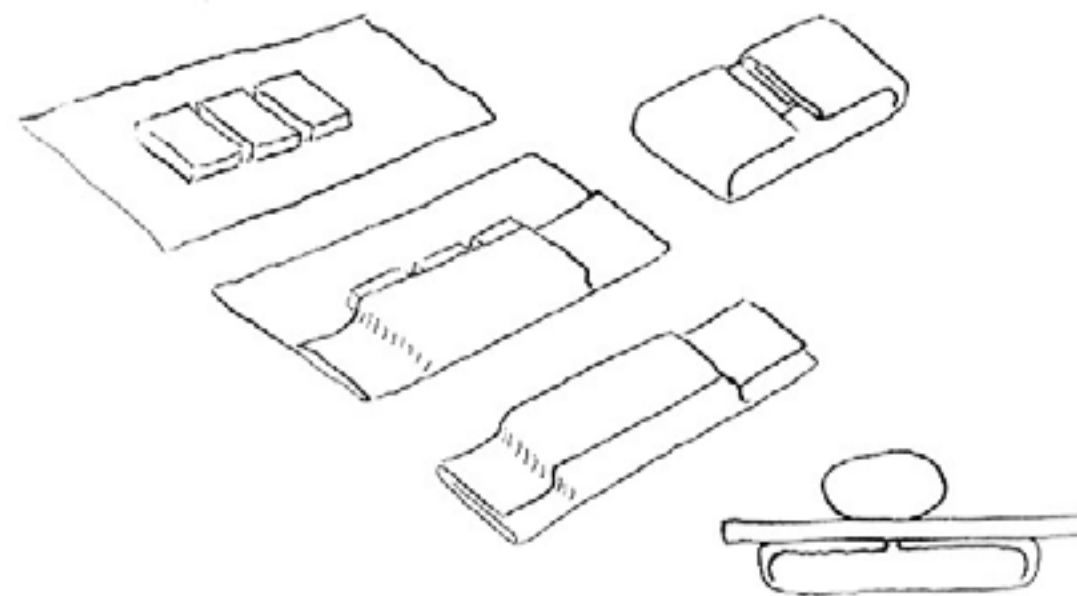
Tofu — Tofu is also called beancake or beancurd. It is made by curdling soymilk with Nigari, a mineral extract of seawater. When the soymilk separates into curds and whey, the curds are carefully spooned into cloth lined settling boxes, covered, and pressed with weights until they form a soft, cheese like cake. These cakes of tofu are high protein, low in calories, and contain no cholesterol. They can be eaten plain, blended smooth to substitute for mayonnaise, sour cream, or cream cheese, mashed to substitute for ricotta or cottage cheese, deep fried to substitute for croutons or meat, blended into baked goods for extra moistness, or just added to any dish for extra protein and texture. Tofu will keep, refrigerated, about 12 days, or until the pull date marked on the package. To keep it fresher tasting or to keep a

longer time, change the water daily. It can also be frozen. Although this changes the texture considerably, it will still be good to use in soups or stews. Tofu is available in most grocery stores, natural food stores, and food co-ops.

For more information on Tofu, see **The Book of Tofu** by William Shurtleff and Akiko Aoyagi.

Tofu, steamed in sauce — This special product is plain tofu that has been fried in a little oil on a hot grill and steamed in soy sauce and spices. Topped with sesame, it is ready to eat, hot or cold by itself, in salads, in stir fry vegetables, in soups, or in sandwiches. A quick flavorful meal for anytime. Save your extra sauce for making broiled tofu. Steamed tofu keeps, refrigerated, about 12 days, or until the pull date marked on the package. It is available wherever plain tofu is sold.

Tofu, pressed and drained — If your tofu is too soft to be sliced easily, or if you need a drier cake for deep frying or reducing moisture in a recipe, you can firm it up by pressing and draining. The tofu should be wrapped snugly in a clean absorbent towel, covered with a plate or small cutting board, and pressed with a weight, like a one or two pound jar of honey.





VASHON ISLAND

TOFU MADNESS WAS FIRST DIAGNOSED IN A SMALL SHOP IN WESTERN WASHINGTON, WHERE, ON A RAINY AUTUMN EVENING, A TOFU MAKER NAMED GERY LAYDEN ATTAINED AN ELEVATED STATE OF CONSCIOUSNESS OR MAGIC REALIZATION. HE UNDERSTOOD THE LANGUAGE OF MACHINES. HE HEARD THE BEANS SINGING. HE KNEW WHY THE CURDS DANCE.

& HE HIMSELF, DANCED OFF ACROSS THE GLOBE, SPREADING THE WORD ABOUT THE MAGIC BEANS, A CRAZY NEW-AGE TROUBADOR, A HOMEGROWN HYBRID OF JACK 'N THE BEANSTALK AND JOHNNY APPLESEED, AN AMERICAN BHODI SATVA, & A FRIEND.

GERY, WHEREVER YOU ARE, THANKS.