



Larry's Tofu Tips

BAKING

When recipe calls for yogurt, sour cream, or eggs*, use puréed tofu. When recipes call for buttermilk, soymilk, or dairy milk, use the “Wo Chong’s Baking Blend” (below) instead of straight puréed tofu for best results. To replace liquid ingredients, use the same amount of puréed tofu or “Baking Blend.”

*5 Tbsp of puréed tofu equal one egg
WO CHONGS’ BAKING BLEND
1 package Wo Chong Tofu Extra Firm
1 cup water
2 Tbsp lemon juice or white vinegar
Blend well. Refrigerate in a covered container. Keeps for one week. (1 cup baking blend is equal to 1 cup of liquid ingredients.)

FREEZING DIRECTIONS

For best results, slices and cubes should be at least 1/4-inch thick. The longer you freeze the tofu, the better the results are likely to be. Slice or cube Firm or Extra Firm. Wrap each slice or cube in plastic and freeze for at least 48 hours. Thaw 1) in the microwave at high for 2-3 minutes OR at 40 % power for about 4 minutes, or 2) at room temperature for one hour, or 3) overnight in the refrigerator. Drain and pat dry.

BLENDING

One package Silken Tofu makes 1.5 cups of puréed tofu. Purée or blend tofu in a food processor or blender. Use for your base salad dressings, for sauces, and creamier soups.

MORE WAYS TO USE TOFU

USE PURÉED SILKEN TOFU FIRM TO REPLACE SOME LIQUID, EGG, OR DAIRY INGREDIENTS:

In homemade or packaged biscuit dough.

Puréed with vegetables or fruits for baby food.

LIKE BUTTERMILK (USE “BAKING BLEND”) FOR MUFFIN, PANCAKE, OR WAFFLE BATTERS. USE INSTEAD OF:

eggs or milk in bread dough

eggs in cookie dough

yogurt in fruit shakes or smoothies

milk in packaged pudding mixes

cream in puréed soups

stock in gravy

cream in sauces

oil or sour cream in salad dressings

egg yolks in soufflés

mayonnaise or sour cream in dips and spreads

milk in mashed potatoes

MASH SILKEN OR EXTRA FIRM TO MAKE:

egg salad

scrambled tofu “eggs”

sandwich spreads for kids’ lunches

OR USE TO REPLACE:

eggs in quiche

ricotta cheese in lasagna

cottage cheese in casseroles

ground meat in stuffings

feta cheese and eggs in spinach pie