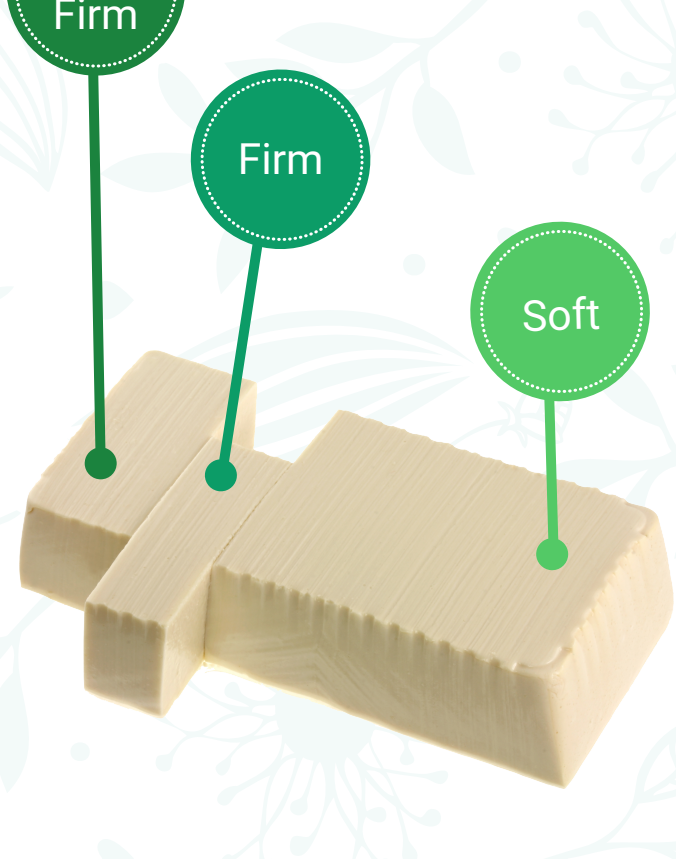


Everything you need to know about How to cook Tofu



Tofu of Many Types - The Right Tofu for You

SILKEN TOFU



You can flavor your tofu and make an excellent chip dip



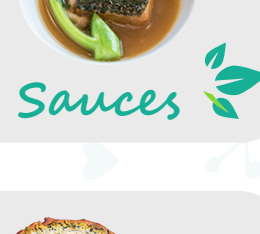
It makes a great yogurt substitute whenever you're trying to make a smoothie



You can make tofu that tastes like whip and top your dessert with it



Make a hearty tofu sauce to top all your foods with



When you bake, you'll no longer need an egg to do so. Add an egg substitute to your breads or cakes, and it'll come out just as good as an egg would.



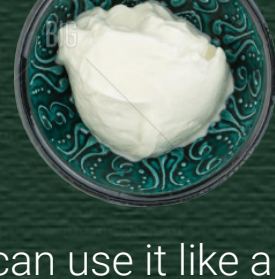
REGULAR TOFU

The firmer the tofu is, the less water content it will have, making it drier and harder.



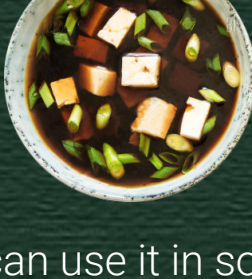
Cooking method

SOFT



- You can use it like a silken tofu
- These are great for thicker whips and creams, or if you like meat that isn't as chewy

MEDIUM



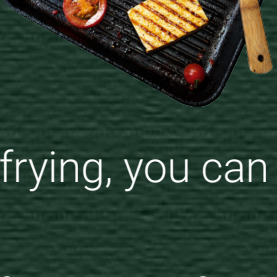
- You can use it in soups and serve it cold
- Good for miso soup

FIRM



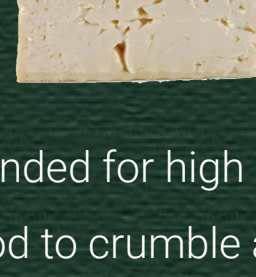
- You can stir or pan fry it
- You can crumble it, making it a good cheese substitute

EXTRA FIRM



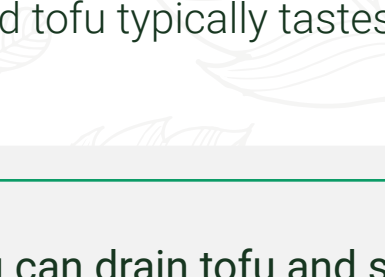
- Pan and stir frying, you can deep fry this tofu as well
- Extra firm tofu is great for meat substitutes
- And it can be sliced and cubed too
- Bake, grill, simmer, whatever it takes
- The only downside to extra firm tofu is that it's harder to flavor

SUPER FIRM

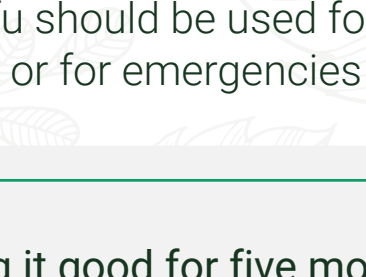


- Not recommended for high heat cooking
- These are good to crumble and use as toppings, such as cheeses

Boxed, Tubbed, or Frozen Tofu?



Tubbed tofu typically tastes better



Boxed tofu should be used for traveling or for emergencies

You can drain tofu and store it in the freezer, making it good for five months. This won't change the flavor, but it can affect the texture.

Now, some people do enjoy the frozen tofu texture better, so we believe that it's up to you to see which one you like the best.

How Long Does Tofu Last?

3 - 5

days

After opened

after

the sell-by date

days

If unopened

Can extend by

3 - 5

days

Cooked Tofu

5

months

Freeze tofu

Tofu is Good for You!

Plenty of vitamins, minerals and eight essential amino acids

Good source of calcium

Magnesium, B1, zinc, copper, manganese, phosphorus, and selenium

Low in fat and carbs

Help reduce the risk of breast cancer, potentially

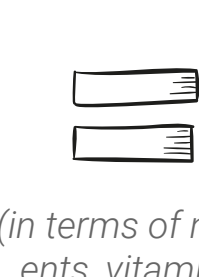
Help alleviate symptoms of menopause

Help you lower LDL, or bad cholesterol, levels

Trade Up With Tofu



3 ounces of extra firm tofu



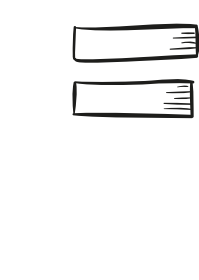
3 ounces of ground pork



3 ounces of ground beef



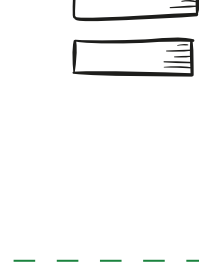
3 ounces of extra firm tofu



3 ounces of a roasted chicken breast



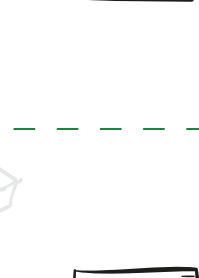
4.4 ounces of silken tofu



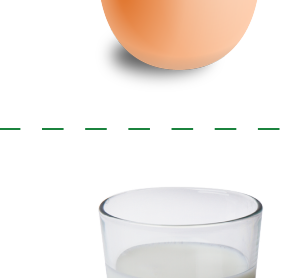
1 large egg



1 cup of silken tofu



1 cup of whole milk



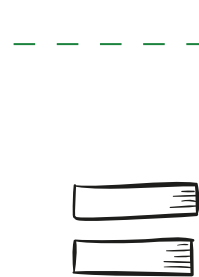
1 cup of silken tofu



1 cup of plain yogurt that's whole



1 cup of firm tofu blended



1 cup of ricotta cheese



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