

University of California
 Cooperative Extension
Tulare County
 Agriculture and Natural Resources



Prepared by: _____

USING TOFU

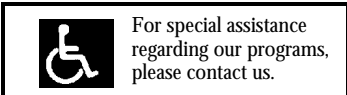
Consumers looking for ways to prepare low-cost nutritious meals might want to try adding “tofu” to their list of staples. Tofu is also called soybean curd and soy cheese. Tofu may be new to some people, but the Chinese have used it for over 2000 years.

Tofu is made from soybean juice (soy milk) that has been curdled in a manner that is somewhat similar to cottage cheese. Tofu is a good source of calcium. Compared to a hamburger patty, a four ounce serving of tofu has about a third of the calories, a fifth of the amount of fat, and fourteen times as much calcium. Fresh tofu is usually sold in 12 ounce, 14 ounce, or one pound blocks or in equal size pieces. You may find tofu in the produce section of the market. Fresh tofu looks slightly creamy and has the texture of custard. The water in which tofu is packed should be clear. . .not cloudy or viscous looking.

Tofu is perishable. Look for various kinds of packaging. Some tofu purchased in the “fresh” form at an Asian Market or health-food store may have a shelf-life of only 3-4 days. Other packages are sold with a shelf-life is six months or so and do not need refrigeration until they are opened. Tofu can be safely frozen; however, freezing changes the product’s texture, more coarse and spongy, but a texture some people actually prefer.

When preparing tofu, a basic rule is not to overcook. Cooking three to four minutes is enough to heat tofu thoroughly. Long cooking or high heat toughens the curd. For best results, put slices or cubed tofu in soup or a mixed dish during the last few minutes of cooking.

The University of California, in accordance with applicable federal and state law and University policy, does not discriminate on the basis of race, color, national origin, religion, sex, disability, age, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran. The University also prohibits sexual harassment. Inquiries regarding the University’s nondiscrimination policies may be directed to the Affirmative Action Director, University of California, Agriculture and Natural Resources, 1111 Franklin Street, 6th Floor, Oakland, CA 94607-5200. (510) 987-0096.



Tofu is a versatile food. It's nutritional and easily digested. Serve tofu to complement main dishes, uncooked with desserts, and as a snack. Suggested uses for tofu include: sliced or cubed and added to soups or broths: quick fried with vegetables, such as snow peas, mushroom, and water chestnuts; served with meat, fish, poultry, or egg dishes; mashed and substituted for yogurt or cottage cheese; or seasoned and used like a mild cheese for dips or stuffing celery, tomatoes, etc.

#

Cooperative Extension programs are available to any individual or group without regard to race, color, national origin, sex, age or handicap. Named products are used for clarification and ease of discussion only and are not necessarily endorsed or promoted by the University of California Cooperative Extension.

