

What is Tofu?

Tofu is a custard-like product made by curdling soy milk.

It comes in a variety of textures from soft to firm. It is naturally low in sodium and calories, ringing in at about half the calories of animal protein for a 3 ounce serving with just 4 g of fat.

What can you make with it?

Softer tofu can be made into pudding, cheesecake, and other desserts.

The firmer tofu is usually marinated in a tasty broth and then pan seared and stir fried. It appears in many cultural Indian and Asian dishes such as curried dishes and spinach dishes like Palak Paneer.

How do you buy it?

Tofu usually comes in a sealed plastic package. It is found in the refrigerated section of the grocery store usually near the produce. Some Asian restaurants may make it from scratch.

The trick to working with it is to marinate it in a flavorful liquid. And then to sear it golden with a little oil. This makes it become a flavorful, golden custard like food that is great in many dishes. It can really soak up flavors and sauces and be quite satisfying.

