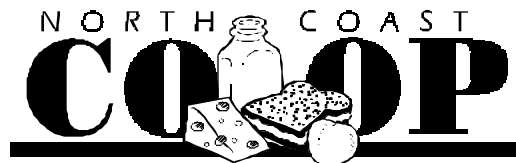


Taste of Tofu



Recipe Booklet



January 30, 1999

Drinks & Desserts

Fruitie Freeze Sherbet

- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 1 frozen banana
- 1 pkg silken tofu, extra firm
- 1 cup apple juice
- 1 tsp vanilla

Blend ingredients. Chill and serve.

– Mary E. Moser, McKinleyville

Power House Carbo/Pro Drink

- 1/2 tub (8 oz) soft tofu
- 1 1/2-2 cups non-fat plain yogurt

Liquify in blender at high speed. If you prefer, you may add honey to taste. For those who want a caffeine boost, stir in 1 tsp instant coffee.

– R. J. O'Connor, McKinleyville

Tofu Chocolate Silk Pie

Graham Cracker-Almond Crust

1/2 - 3/4 cup crushed graham crackers

1/2 - 3/4 cup roasted almonds, ground coarsely in food processor

Mix almonds and crackers. Add 1-2 Tbsp melted butter, 1 tsp cinnamon and juice of one-half lemon or lime. Press into 8" or 9" pie pan. Bake approximately 15 minutes at 350°.

Filling (variation of recipe from The Farm Cookbook)

1 lb fresh tofu

3/4 cup confectioner's sugar

3/4 cup oil

6 Tbsp cocoa

1 Tbsp vanilla

3/4 tsp soy sauce

1/2 shot Kahlua and/or amaretto and/or creme de cacao

Blend all ingredients together in food processor until smooth. Pour over crust. Refrigerate a minimum of three hours. Top with whipped cream flavored with Amaretto.

– Corinee Frugoni, Frances Nicolini, Arcata

A Muffin for the Knowing Ones

Hearty, soy-rich, cran-fruity, wheat-free, no-fat-added, with a slight, multi-grain crunch.

8 oz silken/firm/light tofu (Mori-Nu)

12 oz water

4 egg whites

4 oz liquid honey

2 Tbsp fruit paste (Sunsweet)

2 cups + 2 Tbsp yellow corn meal

1 cup oat flour

½ cup spelt flour

¼ cup soy flour

1 Tbsp oat bran

1 Tbsp flax meal

1 tsp salt

1 tsp baking soda

2 tsp baking powder, rounded

1 cup dried cranberries

Non-stick spray for muffin cups

Blend first five (wet) ingredients. Mix remaining (dry) ingredients in large bowl. Add wet ingredients. Stir quickly,

only until combined. Fill sprayed muffin cups nearly to tops. In a 400° oven, bake approximately 20 minutes, or until springy with slightly-browned edges. Makes about 16 large or 24 small muffins.

– *Judith C. Williamson, Arcata*

Silky Chocolate Cream Pie

Quick, easy and chocolaty. Serve 8-10. Approximately 15 minutes to assemble.

1 block tofu crumbled into small chunks

$\frac{3}{4}$ cup turbinado sugar

$\frac{1}{2}$ cup cocoa

1 tsp vanilla

$\frac{1}{2}$ cup melted butter or margarine

$\frac{1}{4}$ cup soy milk or other liquid (as needed for blending)

graham cracker crust or homemade pie shell

Using either a mixer or blender, blend the tofu with all other ingredients. Use just enough soy milk to blend, trying to blend it as thick as possible so that it will set in the refrigerator. Pour into your pie shell and refrigerate about 2 hours.

– *Elizabeth Heiliger, Trinidad*

Tofu Sweet Potato Pie

Crust (from The Vegetarian Epicure)

1 cup flour, unbleached
1/3 cup sugar
1/4 lb butter
pinch of salt

Sift together flour, salt and sugar. Cut in butter until the texture of coarse sand. Work into a ball with hands. Chill 1 or 2 hours. Press into 10" pie pan with fingers until even and smooth. Prick bottom with a fork.

Filling (for unbaked 10" pie crust)

3/4 lb tofu
2 cups well-baked yams
1 1/2 tsp cinnamon
3/4 tsp ginger
1/2 tsp nutmeg
1 tsp vanilla
1 1/2 Tbsp molasses
1/3 cup canola oil
3/4 - 1 cup brown sugar

Blend all ingredients together in a food processor until

smooth and creamy. Pour into pie shell and spread evenly. Bake at 350° for 1 hour. Chill several hours or overnight before serving.

– Dana Quillman, Arcata

Martin's Tofu-Coffee Ice Cream

12 oz soft tofu

1½ cup sugar

1 cup water

6 oz of your favorite chocolate (I use Newman's Organic Dark)

2 cups very strong coffee (I use Sumatra)

½ tsp salt

½ cup pure pressed canola oil

In a small saucepan, simmer water and sugar together until thickened (about 6 minutes). Break chocolate into small pieces. Add to sugar mixture. Stir until well mixed. Let cool. Put tofu in blender or food processor. Add canola oil, salt and coffee. Blend until thoroughly mixed. Combine ingredients of numbers 1 and 2 above. Mix thoroughly and chill for 1 hour. Freeze in an ice cream maker according to the manufacturer's instructions. Store in a freezer-proof container. Place in freezer.

– Martin Brunelle, Trinidad

Marbled Chocolate Tofu "Cheesecake"

Cheesecake

- 10 oz semisweet chocolate chips
- 2 Tbsp margarine or "veggie" butter tofu product
- 1 pkg (12.3 oz) Mori-nu extra firm lite silken tofu
- 1 cup tofu sour cream
- 1/2 cup tofu cream cheese
- 1 cup sugar (white)
- 1 tsp vanilla
- 3 Tbsp Kahlua
- 3 large eggs
- 2 Tbsp unsweetened cocoa
- 3/4 cup white chocolate chips

Crust

- 1/3 cup melted margarine or butter
- 10 oz graham crackers (chocolate flavor)
- 3/4 cup finely ground almonds

Crush graham crackers and mix with almonds. Mix in melted butter until evenly moistened and press into the bottom and up the sides of a 9" spring form pan. Bake 5 minutes on 350°, then cool about 30 minutes before

filling. Turn off oven. Then reheat to 325° just before putting in the cheesecake.

For cheesecake – with food processor or electric mixer, blend tofu, sour cream and cream cheese just until smooth. Put aside. Over hot water, melt semisweet chocolate chips with margarine or butter. Stir and remove from heat when melted. Set aside to cool.

Beat eggs to blend and by hand stir into tofu until well blended. Beat in sugar, vanilla, and Kahlua; do not over beat. Sprinkle cocoa over batter and fold in until well-blended. Fold in white chocolate chips. Gently pour into cooled crust.

Set onto a large sheet of foil and pull foil up the side to cover sides. Set in a pan wider but no deeper than the cheesecake pan and add boiling water to a depth of 1". Bake at 325° for approximately 60 minutes. The center should jiggle slightly. Turn off oven and leave door ajar for 30 minutes, then remove and when completely cool, refrigerate. Best after chilling 8 hours.

– Dana Jones, Arcata

Fruity Fu Fantasia

Crust

- 3/4 cup almonds**
- 1/4 cup sunflower seeds**
- 1/2 cup raisins**
- 1/2 cup dried figs**

Filling

- 2 ripe bananas**
- 1/2 lb tofu, soft**
- 1 Tbsp maple syrup**
- 1/2 Tbsp lemon juice**

Topping

- 2 apples, sliced**
- 1/2 Tbsp black sesame seeds**
- 1/2 Tbsp coconut, shredded**

Chop crust ingredients finely (w/cuisinart preferably) and mash together. Spread by hand into pie pan to form crust layer, including sides of pan. Mash filling ingredients together until creamy and spread over crust. Spread topping ingredients evenly on top.

– Glenn Smith, Eureka

Entrées

Simple Curry Tofu

- 1 lb firm tofu
- 1 cup chopped onion
- 2 Tbsp oil
- ¼ cup water
- 2 Tbsp tamari
- 4 Tbsp chunky peanut butter
- 3 Tbsp Patak's Curry Paste (mild or hot variety)
- 2 Tbsp honey
- ¼ Tbsp ground black pepper

Garnish

- thinly-sliced green onions
- Pavel's Russian Yogurt (plain)

Drain tofu and pat dry, cut into ½-inch cubes and sauté with onion in oil until lightly browned. In a bowl, whisk remaining ingredients and stir gently into tofu onion mixture until well-coated. Heat on low until bubbly. Serve on steamed potatoes, rice or cauliflower. Garnish with green onions and a spoonful of Pavel's plain yogurt.

– Cara Arguello, McKinleyville

Savory Tofu Tacos

12 oz firm vacuum-packed tofu crumbled small (I use Soy Deli brand)
1/2 medium onion
1/8 cup oil
1 cup cauliflower florets broken into small pieces
1 Tbsp chili powder
2 tsp cumin powder
2 tsp paprika
1 tsp ground coriander
1/2 tsp garlic granules
salt & pepper to taste
1/8 - 1/4 cup salsa or tomato juice
2 pkgs corn tortillas

Fry crumbled tofu with onion in oil in wok until lightly browned. Add cauliflower and stir-fry about five minutes. Add spices and cook about 5 more minutes. Add salsa/tomato juice and cook until absorbed. Heat tortillas briefly on a lightly-oiled griddle. Using two tortillas for each taco, spoon about 1/4 cup filling onto doubled tortillas and garnish with grated mozzarella or soy cheese, chopped green onion, chopped cilantro, salsa and shredded lettuce. Bueno Apetito!

– Peter Williams, Arcata

Tofu and Broccoli

1 med bunch broccoli

½ cup tofu, cut into ½" squares

3 tsp oil

pinch black pepper seeds, crushed

pinch coriander seeds, crushed

pinch cumin seeds

pinch black mustard seeds, crushed

small piece fresh ginger root, chopped very fine

½ fresh chili, chopped small

salt

chili, ginger, turmeric, cumin and coriander powder

Cut broccoli and tofu into same-sized chunks, discarding large stems. Heat oil (I prefer extra virgin olive oil), until it lightly smokes, then remove from heat. Add hing (optional), and seeds according to size: crushed black pepper, coriander, cumin and black mustard seeds. Have a cover on hand; seeds explode and pop. When all seeds are added, put pot near high heat and swirl seeds 5 to 10 seconds.

Add fresh ginger root and chili. Swirl until ginger and chili turn brown, about 10 to 30 seconds. Add tofu. With cover on, cook on high heat and toss frequently 3-5 minutes. Still using medium high to high heat, add broc-

coli, cook until lightly soft, then turn heat to medium low. When vegetables are soft, add powdered spices. The amount used depends upon on how much food you're cooking, what vegetables are in the pot and your taste. Toss in well, cover and put on very low heat. Check once or twice, mixing and covering until done, about 10 to 20 minutes, or until vegetables are soft. When done, turn off heat and let food sit a few minutes, allowing the final mixtures of flavor to fully enter the vegetables.

– Daniel Pierce, McKinleyville

Tofu Fajitas

12 oz firm or fried tofu, cubed

1 med bell pepper cut into 1" by 1" pieces

1 med onion cut into quarters

3½ tsp chili powder

1½ tsp olive oil

½ tsp ground cumin

¼ tsp ground cinnamon

1 can (16 oz) stewed tomatoes

¼ oz Ibarra Mexican chocolate or unsweetened chocolate

Heat oil in skillet over medium-high. Add tofu and veggies with 1 tsp chili powder. Cook until brown, about 2 minutes. Transfer to plate. Add remaining 2½ tsp chili powder, cumin and cinnamon to skillet. Stir 15 seconds. Mix

in tomatoes and chocolate and simmer until sauce thickens, about 5 minutes. Return tofu and veggies to sauce, simmer about 4 minutes. Serve in large tortillas.

– *Shane Baldwin, Arcata*

Bachelor's Feast

1 block firm tofu, drained and cubed

1 can (14½ oz) stewed tomatoes; Mexican, Cajun, or other flavor

1 Tbsp oil (olive or canola preferred)

Sauté tofu cubes in oil. Add stewed tomatoes and simmer until most of the liquid has evaporated. Serve hot; over rice is nice

– *Elena Wright, Eureka*

Creamy Italian Dressing

½ lb tofu

2 Tbsp oil

2 Tbsp lemon juice

1 tsp salt

1/8 tsp black pepper

1/8 tsp hot red pepper

1 tsp Italian spices

4 cloves garlic

Zap in blender until smooth, thin with rice milk or soy milk until desired consistency.

– *Ginger, the Tofu Lady, Tofu Shop Specialty Foods, Arcata*

Kahish's Vegan Fritters

- 1 lb tofu
- 2 cups bulgar wheat (already soaked and softened)
- 1 cup zucchini (grated)
- 1-1½ cups Masa Harina
- 2 Tbsp herbs (Italian blend of basil, oregano, thyme and rosemary)
- 1 Tbsp garlic (fresh, chopped)
- 1 tsp salt
- vegetable oil

Soak bulgar wheat 4 hours and drain. Mash tofu, add grated zucchini and soaked bulgar, Masa Harina, herbs, salt and chopped garlic. Mix well, allow to sit in refrigerator covered for 1 hour.

Put oil in skillet, heat to medium or medium high. Patty up by large tablespoonfuls and brown in skillet on both sides. Great appetizer plain or as an entrée.

– Kahish, Westhaven

Tofu and Wild Mushrooms

- 1 pkg firm tofu
- ½ oz dried wild mushrooms
- 1 Tbsp dried sea palm (crushed or cut into small pieces)

1 tsp dried sage

1 cup water

4 cloves garlic

1/2 cup olive oil

1/2 cup red wine vinegar

1/2 cup red wine

1/4 cup tamari

1/4 cup Bragg's liquid aminos

4 cloves

pepper to taste

Simmer mushrooms and sea palm in water 15 minutes. Heat skillet and roast garlic and herbs in bit of olive oil for 1 minute. Add mushrooms, sea palm and all other ingredients to large skillet. Simmer for 45 minutes (or until almost all liquid is gone) and serve. This is good with mashed potatoes or rice and vegetables.

– Paula Scott, Arcata

No-Meat Domes

1/2 loaf packaged TVP meat analog

1/2 onion, minced

1 tsp brown sugar

1 Tbsp tamari sauce

1 tsp olive oil

8, 1 1/2-inch bread circles

Mix very well all ingredients except bread. Form into balls, then press onto bread circles to form domes. Bake in 450° preheated oven for eight minutes. Serve warm.

– Jean Wellington, McKinleyville

Curried Peanut Tofu and Noodles

Freeze, thaw and squeeze out (like a sponge) 1 lb tofu. Cut into very small chunks. Preheat oven to 350°. Mix together:

- 1/4 cup water
- 2 Tbsp soy sauce
- 1 Tbsp peanut butter
- 1 Tbsp curry powder
- 2 tsp honey
- 1 tsp onion powder
- 1/4 tsp black pepper

Pour this over tofu pieces and squeeze with hands until all liquid is absorbed. Spread out on an oiled cookie sheet and bake for 15 minutes. Turn over and bake 10 minutes more. While tofu is cooking, boil 8 oz flat noodles and drain. To prepare sauce, whip together in a pan:

- 3 cups water
- 3 Tbsp arrowroot
- 3 tsp vegetable broth powder

Cook until thickened. Add baked tofu pieces and 1/2 cup roasted peanuts. Serve hot over noodles and top with chopped green onions.

– *Ginger, the Tofu Lady, Tofu Shop Specialty Foods*

Tofu Spanish Rice

This recipe serves 12. Just cut in half if too much!

Have 2 cups cooked rice ready. Have 1 lb tofu drained and cut in small pieces. Sauté:

4 stalks celery
4 cloves garlic
1 bell pepper
1 med onion (chopped fine)

When soft add tofu with :

2 Tbsp chili powder
1 Tbsp cumin
1 tsp salt

Stir and cook for a few minutes. Now you'll need a large pot to add one 28-oz can crushed tomatoes. Fill can with water and add to pot along with cooked rice. Stir and enjoy!

– *Ginger, the Tofu Lady, Tofu Shop Specialty Foods, Arcata*

Shrimp Pocket Tofu

6 medium-sized shrimp
2 green onions, finely chopped
2 cabbage leaves, minced
1 pkg extra firm uncooked tofu
½ tsp minced garlic
½ tsp grated ginger
soy sauce (for dipping)
black pepper, brown sugar, fish sauce (salt may be substituted for fish sauce) to taste
vegetable oil for stir fry and deep fry

Puree or finely mince shrimp, cabbage and green onion together. Add grated garlic and ginger and mix well. Stir fry the mixture in a wok over high heat with vegetable oil. Add black pepper, brown sugar and 1 tsp of fish sauce. Stir fry until mixture is done, approximately 3-5 minutes. Remove mixture, set in a bowl.

For Pocket: Cut tofu lengthwise into even thirds. On each section, insert knife's blade into top edge and cut into a pocket, being careful not to pierce the other side. One may find it helpful to carve gently into the interior wall, enlarging the side of the pocket. Add fillings into each pocket.

Pour 1 inch of oil into saucepan over medium heat. Add tofu into hot oil. Cook until golden brown on each side. When flipping tofu, be cautious of splitting it open. Makes 3 servings. Serve with soy sauce.

– *Camnga H. Thach, Arcata*

Crispy Tofu Patties

1 block (14 oz) fresh tofu

2/3 cup rolled oats

2 cloves minced garlic (or 1/2 tsp garlic powder)

4 Tbsp minced parsley (or 1 Tbsp dry)

3 Tbsp chopped chives or green onion

1 tsp coriander

1/2 tsp rubbed sage

1/8 tsp cumin

1/8 tsp cayenne

1/8 tsp black pepper

1/4 tsp salt (optional)

2 Tbsp soy sauce

Put oats and all seasonings in bowl and toss together well. Add tofu (sliced and blotted to remove excess water) and squish all together. Form into round patties and fry in oil on nonstick pan. Serve as burgers or dip in your favorite sauce.

– *Patricia Parsons, Arcata*

Stuffed Peppers

- 1 cake tofu, frozen, thawed and shredded
- 1 small onion, chopped
- 2 cloves garlic, minced
- ½ tsp ground cumin
- ¼ tsp ground red pepper
- 1 Tbsp safflower oil
- 14 oz can diced tomatoes, drain and reserve juice
- 1 stalk celery, chopped finely
- 3 good-sized peppers (red are nice, if available)

Freeze tofu. Thaw tofu in refrigerator for about 24 hours. Then, grate by hand or shred in a food processor.

Heat oil in a big skillet and sauté onions, garlic, cumin and pepper until onion is soft. Add drained tomatoes and celery. Cover and cook on low heat until celery is tender, about 5-10 minutes. Add shredded tofu and simmer another 10 minutes. Taste and adjust seasonings, maybe adding a little salt.

Preheat oven to 350°. Cut peppers in half lengthwise and remove seeds. Fill each pepper half with tofu mixture and arrange on baking pan. Add the reserved tomato juice to the bottom of the pan and cover with a lid or foil. Bake at 350° for 30 to 45 minutes, until peppers

are tender. Serve peppers over rice with some juices spooned over them and maybe some grated cheese.

– Beth Heiliger, Trinidad

Maka's Hawaiian Salad

2 blocks tofu, cubed

1 small onion, chopped

½ pkg bean sprouts

2 tomatoes, cubed

1 can waterpak tuna, drained and flaked

3-4 green onions, chopped

Layer in a bowl in the order listed, bottom to top. Then make the dressing:

½ tsp mashed garlic

¼ cup peanut oil

½ cup shoyu

1 tsp sugar (turbinado is best)

In a small microwave dish, put in garlic and cover with oil. Microwave for 20 seconds. (As an alternative, sauté garlic in oil in frying pan.) Let cool.

When cool, stir in shoyu and sugar, making sure sugar gets dissolved. Mix well, then pour over layered ingredi-

ents in bowl. Let marinate for one-half hour before serving. Makes 8 servings. Can be served “as is” or over lettuce. Leftovers can be heated and served over rice. This is my adaptation of a dish found in Hawaiian local-style cafeterias.

– Julie Timmons, Eureka

Goan Tofu Curry

3 tsp Vindaloo paste
1 block tofu
1 onion, sliced
1 tomato, chopped
¼ cup coconut milk (more if preferred)
2 green chiles, slit
2 Tbsp oil
salt to taste

Heat oil in saucepan. Sauté onions. Add Vindaloo paste, cook for 2 minutes. Add tomatoes, tofu, green chilies and coconut milk. Bring to boil and simmer for 6-7 minutes. Serve hot over basmati rice.

– Sara Starr, Eureka

Creamy Tofu and Mushrooms

Preparation time 20 minutes. Makes 3-4 servings. Serve with cooked egg noodles. Modified from a recipe from Fast and Natural Cuisine.

- 3 Tbsp butter, reduced**
- 2 cups sliced fresh mushrooms**
- ½ onion, chopped**
- 1 large clove garlic, minced**
- 5 oz tofu, fresh or previously frozen**
- ¼ tsp thyme**
- 1 Tbsp flour**
- ½ cup water**
- 2 Tbsp miso**
- 1 cup sour cream**
- ¼ cup minced fresh parsley**
- ½ cup freshly grated Parmesan cheese**
- 3 cups cooked egg noodles for four**

Melt the butter in a large skillet and sauté mushrooms, onion and garlic for 5 minutes. If using fresh tofu, drain, then slice and pat dry with paper towels. If using thawed tofu, squeeze out excess water (tofu will have a sponge-

like texture). Crumble tofu into skillet. Add thyme and stir for a few moments. Sprinkle the flour over mushroom/tofu mixture. Stir well, then stir the water into the skillet.

While sauce thickens, whisk miso into the sour cream. When sauce in skillet has thickened, stir in sour cream/miso mixture, parsley and Parmesan cheese. Serve over egg noodles.

– Jan Turner, Trinidad

Chef's Specials

Frozen Banana/Pineapple Tofu Dessert

1 pkg tofu

8 oz simple syrup ($\frac{1}{2}$ water, $\frac{1}{2}$ sugar, brought to a boil)

3 Tbsp corn syrup

1 $\frac{1}{2}$ tsp grapeseed or canola oil
(or any neutral flavored oil)

juice of 2 lemons

juice of 4 oranges

2 very ripe bananas peeled and broken up

$\frac{1}{4}$ ripe pineapple, cored and sliced 1" thick

salt to taste

Pureé all ingredients except salt in blender or food processor. Pureé until smooth. Season with salt to bring out flavors. Strain mixture through a fine mesh strainer. Churn in an ice cream machine until texture is like salt. Serve ice cream. Freeze in container until set up.

– Ronna Kriesel, Restaurant 301

Tofu Potstickers (Gyoza)

½ block firm tofu, squeezed dry
½ cup carrots, diced
½ cup green cabbage, thinly sliced
½ cup mung bean sprouts
½ cup green onion, thinly sliced
1 Tbsp fresh garlic, minced
2 tsp fresh ginger, minced
1 Tbsp toasted sesame oil
tamari, to taste
chili-garlic sauce, optional
1 pkg potsticker or wonton wrappers

Blanch carrots, cabbage, and bean sprouts in boiling water for 30 seconds. Chill immediately in cold water, drain, and squeeze away excess liquid.

In a food processor or blender, blend tofu until smooth. Add the vegetables and seasonings and pulse until no large chunks remain (do leave a little texture)

Place one tsp tofu mixture in the center of a potsticker wrapper. Holding one edge flat, fold over other edge, pulling in to make five pleats along the seam. Repeat until you have folded as many as you need.

In a heavy frying pan, heat 2 Tbsp vegetable oil. Place potstickers in the pan, seam side up. Cook over medium-high heat for 3 to 4 minutes, or until bottoms are golden-brown. Add 2 Tbsp to $\frac{1}{4}$ cup water, cover quickly (oil will begin popping immediately), and reduce heat. Steam for about 5 minutes, or until the potstickers are firm. Serve hot with dipping sauce.

Dipping Sauce

- $\frac{1}{2}$ cup tamari or soy sauce
- 1 Tbsp rice wine vinegar
- 2 Tbsp toasted sesame oil
- 2 Tbsp green onion, thinly sliced
- 1 tsp toasted sesame seeds

Mix all ingredients well.

Variations

Use blended tofu as a base for endless, non-traditional variations. Your main consideration should be moisture content. The mixture cannot be too wet, or the potstickers will not become firm, so either squeeze or cook the water out of wet vegetables. Here are a few combinations we came up with in the Spoons test kitchen:

- Sautéed mushrooms and onions, walnuts, garlic and fresh parsley.
- Roasted winter squash, roasted red peppers, green onion and ginger.
- Spinach, dill, parsley, basil and toasted pine nuts.
- Raw shrimp and salmon, green onion, dill, parsley and garlic.
- Roasted sweet potato, black beans, chilis, garlic and spices.

– John Lewis, Spoons Deli

Baby Carrot-

Oven-Dried Tomato-Tofu Terrine

- 15 baby carrots blanched, cooled and sliced
- 5 roma tomatoes (oven dried)
- 1 cup minced shallots
- 1 cup minced garlic
- 1 bunch thyme, chopped
- 2 sprigs rosemary, chopped
- 2 Tbsp Mustapha's olive oil
- 1 pkg Tofu Shop tofu, sliced 6-8 slices
- 2 cups beet juice
- ¼ cup sherry vinegar
- ½ bunch basil, sliced
- 7 Tbsp agar agar

2 cups canned organic tomato juice
1 cup water
salt to taste
freshly ground white pepper to taste

For oven dried tomatoes: Slice five roma tomatoes lengthwise in four even slices. Place on a wire rack on top of a sheet pan. Sprinkle with thyme, rosemary, salt and white pepper and drizzle with olive oil. Dry in a preheated 275° oven until dry, approximately 3½ hours.

For the tofu: Slice tofu into 6 to 8 even slices. Allow to macerate in beet juice, basil, vinegar, shallots, garlic, thyme, salt and white pepper for one hour.

For the gelee: In a stainless pot, combine tomato juice, water, shallots, garlic, thyme, salt, pepper, and agar agar. Bring to a boil and simmer 5 minutes.

To assemble terrines: Line a 8 x 1½ x 2¼ inch terrine mold with plastic wrap, ladle gelee, line with baby carrot slices, ladle gelee, line with tofu, ladle gelee, line with tomatoes, ladle gelee, line with tofu, ladle gelee. Wrap tight in plastic. Weighing down the terrine mold, place in an ice bath for 20 minutes. Unwrap terrine and slice thin.

– *Patrick O'Toole, Restaurant 301*

Tofu & Ricotta Tempura Balls

1/2 pound ricotta

1/2 pound tofu

1 tsp salt

1 Tbsp anise

1 tsp white pepper

1/4 cup chopped sundried tomatoes

1/2 cup roasted garlic cloves, chopped

Mix all ingredients in a bowl and roll small balls by hand. Dip in tempura and fry until golden brown.

Marinated Tofu & Roasted Peppers

Appetizer

1 red bell pepper

1 green bell pepper

1/4 cup roast garlic cloves, whole

2 cups Roy's basil vinaigrette

approximately 1/2 lb tofu

Marinate tofu in Roy's Basil vinaigrette 1-2 hours. Warm quickly in sauté pan and place over oven roasted red

Honey-Curried Vegetables & Fried Tofu

1 small stalk broccoli
1 med carrot
1 yellow squash
1 sweet red bell pepper
½ head green cabbage
1 Tbsp chopped garlic
½ cup soy sauce
2 Tbsp honey
2 Tbsp curry powder
2 cups coconut milk
dash of salt
1 lb firm tofu
½ cup vegetable oil
2 Tbsp garlic granules

Remove tofu from water and let drain. In medium pan, heat vegetable oil. Cut tofu into bite size cubes and brown in oil. Remove tofu from oil and toss with soy sauce and garlic granules. In a large sauté pan, place honey and bring to a boil. Add chopped veggies and tofu to bubbling honey, tossing vigorously to coat with honey. Add curry powder and stir well. Add coconut milk and let

More than a shopping trip ...

The Co-op wishes to thank the following chefs for their generosity in reproducing their recipes and for participating in today's event:

Tommy Chase, Vista Del Mar

John Lewis, Spoons

Ronna Kriesel, Restaurant 301

Patrick O'Toole, Restaurant 301

John Salzonni, Roy's Club

Celebrating 25 years of local produce, less packaging and community spirit. Shop Co-op for a variety of tofu and soy products. To help make your shopping easier, check out our recipe handouts and, in the Arcata Co-op, our consumer library.

