

TOFU



Did you know?

Tofu is made by extracting the liquid from soybeans. The “soy juice” solidifies and is turned into blocks of tofu.



Why we like it

Tofu is basically odourless and flavourless, so it soaks up the flavours of the food it's cooked in. It's also a low-cost option to add variety to your meals.

Storing it

Once open, cover **regular tofu** with water and keep in the fridge. If you change the water every day, the tofu will keep for **up to one week**.

Silken tofu will only keep for **2 to 3 days in the fridge**.

Choosing it

There are two types of tofu: regular and silken. Regular tofu can be sliced, diced, crumbled or grated and used in sauces or stir-fries.

Silken tofu is mainly blended and used in desserts, creamy soups, salad dressings and dips.

Good to know!

Regular tofu is better for young children because silken tofu contains less iron and protein, two important nutrients for toddlers.

5 ways to use it

- Regular tofu (grated or crumbled) is a good replacement for ground beef in **shepherd's pie**, **lasagna**, **moussaka**, **spaghetti sauce** and **chili**.
- Regular tofu is delicious as a **burger** when well-seasoned and barbecued like a steak.
- Silken tofu is a great substitute for **mayonnaise** in dips and sauces.
- Add silken tofu to your **milkshakes** (or **smoothies**) or **desserts**.
- Tofu is very common in Asian cooking. Why not try a **Thai- or Vietnamese-style soup**?

Tip to reduce waste

Afraid of not using your regular tofu before the expiry date? Just **freeze it**. It will keep for up to **2 months**.

Important! **Silken tofu** can't be frozen.