



The Porcelain Post

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EXCLUSIVE NEWS for **May**

COOKING WITH TOFU

Tips for Storing Tofu

- ✓ **Store leftover tofu in clean water for up to 1 week in the refrigerator. Change the water every 2 days. Do not use tofu if it starts to smell sour.**
- ✓ **Store tofu in the freezer for up to 6 months. Frozen tofu has a meaty texture. Crumble it to replace ground meat in your favorite recipes.**

Adapted from Academy of Nutrition and Dietetics' "Cooking for Beginners"



Tofu is made from soy milk that is pressed into curds. Rich in protein, it has a neutral, slightly nutty flavor and smooth texture. It acts like a sponge, picking up the flavors of other ingredients. Tofu comes in several textures. Choose the type that works best for the recipe.

- **Extra-firm or firm tofu:** Use in stir-fries, on the grill, or anytime you want the tofu to maintain its texture. Use in place of beef or chicken in any dish.
- **Soft tofu:** Use in place of scrambled eggs or in an eggless "egg" salad. Try in smoothies, sauces, dips, and puddings.
- **Silken tofu:** Use in puddings, smoothies, salad dressings, sauces, dips, and spreads. You can substitute $\frac{1}{4}$ cup blended silken tofu for 1 egg in many recipes. Add silken tofu to soups, such as butternut squash or pea, and blend for a creamy consistency.

Tofu is usually packaged in water. Before cooking, always drain tofu and pat it dry with paper towels. Add firmness to extra-firm, firm, and soft tofu by pressing out excess water before cooking. Place the tofu on a rimmed dish lined with paper towels. Add another layer of paper towels on top of the tofu and put a plate on top. Put cans or a heavy pot on top of the plate. Let the tofu stand like this for 20 minutes.

Contact your local Extension Office today!

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