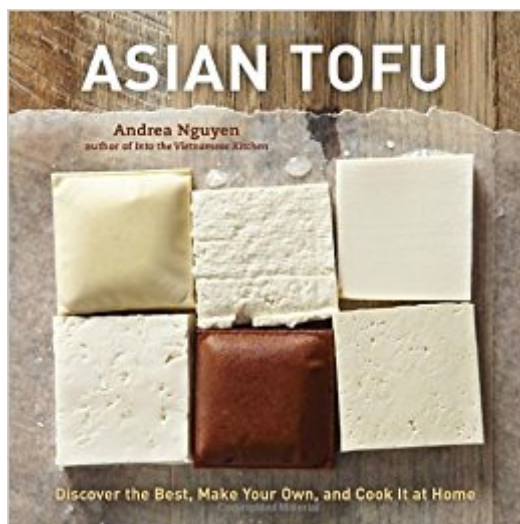


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Asian Tofu: Discover The Best, Make Your Own, And Cook It At Home



Synopsis

From sleek, silken tofu with delicate toppings to piping-hot fried satchels in a robust sauce, tofu provides a versatile canvas for the intricate flavors and textures that Asian and vegetarian cooks have long enjoyed. America has embraced tofu as a healthy, affordable ingredient. And while it has been welcomed into sophisticated mainstream dining, tofu is often hidden in Western guises and in limited applications. In her third intrepid cookbook, celebrated food writer and teacher ANDREA NGUYEN aims to elevate this time-honored staple to a new place of prominence on every table. Asian Tofu™s nearly 100 recipes explore authentic, ancient fare and modern twists that capture the culinary spirit of East, Southeast, and South Asia. There are spectacular favorites from Japan, Korea, Thailand, Singapore, and India, as well as delicious dishes from Taipei, San Francisco, Santa Monica, and New York. Andrea demystifies tofu and interprets traditional Asian cuisine for cooks, sharing compelling personal stories and dispatches from some of the world's best tofu artisans along the way. For those who want to take their skills to the next level, the tofu tutorial clearly outlines tofu-making technique, encouraging readers to experiment with the unparalleled flavors of homemade varieties. But time-pressed cooks needn't fear: while a few recipes, such as Silken Tofu and Seasoned Soy Milk Hot Pot, are truly best with homemade tofu, most are terrific with store-bought products. Some traditional dishes combine tofu with meat in brilliant partnerships, such as Spicy Tofu with Beef and Sichuan Peppercorn and Tofu with Kimchi and Pork Belly, but this collection is predominantly vegetarian and vegan, including the pristinely flavored Spiced Tofu and Coconut in Banana Leaf and vibrant Spicy Lemongrass Tofu Salad. And innovations such as Okara Doughnuts reveal tofu's more playful side. For health- and eco-conscious eaters and home chefs who are inspired to make the journey from bean to curd, Asian Tofu is the perfect guide.

Book Information

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Customer Reviews

I've had this book for about a week and I've already made block tofu as well as tofu pudding. Both were a success and incredibly easy to make the first time around. All the utensils/cookware/gadgets you need are probably already in your kitchen (large pot, strainer, slotted spoon, blender, etc). You don't even need a thermometer and obsess over hitting the right temperature. So there's no need to buy another thing for your kitchen just to make tofu. The only thing I didn't have was the tofu mold but I fashioned one from a half gallon carton with holes punched on the bottom. I used a jar filled with water as my "weight" for firm block tofu. So that took care of that problem (though now I might buy a proper mold since I'm never buying the supermarket stuff again!). The instructions are very easy to follow and detailed. The author provides a list of ingredients you will need along with the various options you can use for coagulants. I used food-grade gypsum, which I bought on , but you can even use Epsom salts. You will need to get dry soybeans, which I haven't seen at my local market so I ordered 4 pounds of organic soybeans online at a reasonable price. I'm sure you can find some at an asian grocery store if you have one available to you. Now, it's true that there are thousands of instructions on the web to make tofu. But I like that this book goes deeper into some history about tofu. Every chapter opens with the author recounting her travels to a certain place and how tofu is used by various peoples and what it means to them. So it's not just a how-to for tofu making, it also offers good stories and information. I found myself cuddling up to the book and reading it for the sake of just reading it.

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