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Tofu Today
Tofu News and Recipes!

House Foods America Tofu Recipes

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April 9, 2010, New York Chef Lee Anne Wong, culinary producer and Top Chef extraordinaire, returned to her roots at New York's French Culinary Institute to share her tofu savvy during an exclusive cooking demo celebrating National Soyfoods Month. Sponsored by House Foods and the Gohan Society, the event showcased House Tofu's transformation from non-GMO (genetically modified organism) soybean to ready-to-eat complete protein. Chef Wong showed audiences how to unlock tofu's potential and versatility as a star ingredient as she prepared three eclectic tofu dishes inspired by her modern global fusion style.

"I'm no stranger to tofu, but it was not until recently that I discovered its endless realm of possibilities," said Chef Wong. "In a desire to eat healthier, I turned to tofu over fatty meats, added it to dressings and smoothies, and created my own recipes. Before I knew it, I was hooked."

Chef Wong shared tips and techniques to help cooks capitalize on tofu's ability to soak up countless flavors and play on its many textures in cuisines that range from Middle Eastern to Italian to Japanese:

- House Tofu Falafel with

Asparagus and Meyer Lemon Tahini. House Foods Super Firm Tofu meets Middle Eastern street food in Chef Wong's healthy take on one of her favorite snacks. Soft Tofu is used to make the creamy, rich dressing to complement the falafel.

· House Tofu Chawanmushi with Salmon, Green Onions, Mushrooms, and Lettuce. Chef Wong's recent trip to Japan inspired her to recreate one of her favorite foods, a traditional egg custard dish, which she enriches with House Foods Medium Firm Tofu and Firm Tofu.

· House Tofu Honey Panna Cotta with Blood Oranges and Pistachio. House Foods Soft Tofu adds a rich creamy texture without the fat to this classic Italian dessert with a medley of Mediterranean flavor.

"Chef Wong's creativity and fresh ideas encourage food lovers to experience tofu in unimagined new ways," said Yoko Difrancia, marketing supervisor at House Foods. "It is with the help of young, talented chefs like Lee Anne Wong that tofu is finally getting the recognition it so richly deserves."

Recipes

House Tofu Edamame Falafel with Tofu Meyer Lemon Tahini

Created by Chef Lee Anne Wong
for House Foods America

Serves 6-8

Ingredients

- 1 block (14 oz.) House Foods Super Firm Tofu, pressed and drained, cut into 1" cubes
- 2 cups frozen shelled edamame, thawed
- 1 cup yellow onion, finely minced
- ½ cup parsley leaves, packed
- ¼ cup cilantro leaves, packed
- 2 cloves garlic
- 1 tablespoon soy sauce

- 1 teaspoon toasted coriander seed
- 1 teaspoon toasted cumin seed
- ¼ cup flour
- Salt and pepper to taste
- Vegetable oil
- 2 tablespoons rice vinegar
- 1 tablespoon honey
- 1 tablespoon extra virgin olive oil
- 1 cup medium asparagus, sliced thinly on the bias
- 4 cups baby arugula
- Pickled shallots (recipe follows)
- Tofu Meyer Lemon Tahini (recipe follows)
- Toasted sesame seeds, for garnish

Directions

1. Place the garlic, coriander seed, and cumin seed into the bowl of a food processor. Blend on high speed until the spices and garlic are finely ground.
2. Add in the tofu, edamame, minced onion, parsley, cilantro, soy sauce and flour. Season generously with salt and pepper. Process until the mixture forms a rough paste.
3. Heat several inches of oil in a deep wide pot to 375°, °F. Roll the mixture into 2-inch balls. Fry the falafel in small batches until golden brown and crispy, about 3-4 minutes, draining on paper towels and lightly seasoning with salt.
4. In a small bowl, whisk together the rice vinegar, honey, and olive oil together and season to taste with salt and pepper. Toss with the sliced asparagus, arugula. Season lightly with more salt and pepper.
5. To serve, plate 3-4 falafel on each plate. Spoon the tofu tahini over the falafel. Top with the arugula salad, pickled shallots, and sesame seeds. Serve immediately.

Pickled Shallots

Ingredients

- 1 cup shallots, sliced thinly and separated into rings
- 1 cup rice vinegar
- ½ cup sugar
- 1 cup water

- 1 piece dried red chili, crushed
- 1 piece star anise
- 1 tablespoon yellow mustard seeds
- Pinch salt

Directions

1. In a small pot, combine the rice vinegar, sugar, water, spices, and salt. Bring to a boil over high heat and then remove from the heat. Place the shallots in a deep bowl set over another bowl of ice. Pour the hot brine over the shallots and submerged the shallots, gently stirring with a spoon. Place a paper towel over the shallots to completely submerge them. Allow to cool to room temperature. Keep refrigerated in the brine until needed.

House Tofu Meyer Lemon Tahini

Ingredients

- 1 block House Foods Soft Tofu
- ½ cup non-fat Greek yogurt
- Zest of 2 Meyer lemons
- ¼ cup Meyer lemon juice, strained
- ½ cup soy milk
- 1 teaspoon sesame oil
- 1 cup roasted sesame seeds
- Salt and pepper to taste

Directions

1. Combine all ingredients in a blender and process until smooth. Season to taste and add water if necessary for consistency. Keep refrigerated until needed. Can be served warm or cold.

House Tofu Chawanmushi with Salmon and Marinated Tofu Created by Chef Lee Anne Wong for House Foods America

Serves 8

Ingredients

- 1 block House Foods Medium Firm Tofu, drained
- 3 pieces large egg
- 2 cups Dashi broth, cold (recipe follows)
- 2 tablespoons soy sauce

- 2 tablespoons sake
- 2 tablespoons Mirin
- 1 tablespoon sugar
- 1 teaspoon salt
- 8 ounces salmon filet, skinned and deboned, cut into 1 ounce cubes
- 1 recipe marinated tofu (recipe below)
- 4 ounces salmon roe
- 1 tablespoon vegetable oil
- 1 teaspoon sesame oil
- 8 pieces thin green onion/scallion, trimmed, whites only, cut into 1-inch lengths
- 1 bunch Honshimeji mushrooms, cut and trimmed
- 2 teaspoons soy sauce
- 1 tablespoon butter
- 2 cups romaine hearts, leafy parts trimmed, julienned thinly crosswise
- 4 leaves Shiso, finely julienned
- Salt and pepper to taste

Directions

1. In a blender, combine the tofu, eggs, Dashi, soy, sake, Mirin, sugar, and salt. Process on high speed until smooth.
2. Divide the custard evenly between 8 tea bowls or large coffee cups. Gently place the salmon cubes and marinated tofu evenly into each of the cups, submerging in the custard.
3. Cover each cover with plastic wrap and place the cups into a steamer and steam gently for 15-20 minutes.
4. While the chawanmushi is steaming, prepare the vegetables. Heat a large saute pan over high heat. When the pan is barely smoking, reduce the heat to medium high and add the vegetable oil and sesame oil to the pan. Add the green onions to the pan. Toss gently and then allow the scallion pieces to lightly brown in the pan, about 1 minute. Add the Honshimeji mushrooms to the pan and season lightly with salt and pepper. Cook until the mushrooms begin to color, about 2 minutes more, tossing and stirring often.
5. Turn the heat back up to high and deglaze with the soy sauce and allow the moisture to evaporate while stir frying the onions and mushrooms, about 30 seconds. Add the butter to the pan and allow it

to melt, then add the julienned romaine hearts to the pan, stir frying for 15 seconds. Remove the pan from the heat and season with salt and pepper.

6. To serve, remove the chawanmushi from the steamer and remove the plastic wrap. Place a large spoonful of the sautéed lettuce, mushrooms, and onions on top of the cooked custard. Place a heaping teaspoon of salmon roe on top of each custard, and garnish with a pinch of finely chiffonaded shiso leaf. Serve immediately.

Dashi Broth

(Optional, use store-bought Dashi powder)

Makes 3 cups

Ingredients

3 cups water, preferably purified

3-inch square dried Kombu seaweed

½ cup shaved bonito flakes

Directions

1. Wipe the kombu gently with a damp paper towel. Place the Kombu in a small pot with the water and bring to a simmer over medium high heat. Remove from the heat and allow the broth to steep for 10 minutes.
2. Remove the kombu and bring the broth back to a boil over high heat. Remove the broth from the heat and stir in the bonito flakes. Allow the broth to steep for another 10 minutes and then strain through a mesh strainer lined with a coffee filter. Refrigerate in a sealed container until needed.

Marinated Tofu

Ingredients

- ¼ block House Foods Firm Tofu, diced into ½ inch cubes

- ½ cup soy sauce

- ¼ cup sake

- 3 tablespoon Mirin

- 2 tablespoons sugar

- 1 tablespoon rice vinegar

Directions

1. Place the diced tofu in a sealed plastic freezer bag and shake so the tofu is in a single layer. Lay flat in the freezer and freeze for at least two hours.
2. Remove the tofu from the freezer and allow to thaw. Remove the tofu from the bag and gently press the tofu cubes between paper towels to remove as much moisture as possible from the tofu, changing paper towels if necessary.
3. In a large bowl, whisk together the soy, sake, Mirin, sugar, and rice vinegar, until the sugar dissolves. Add the tofu to the bowl and cover with a fresh paper towel to submerge.

House Tofu Honey Panna Cotta
with Blood Orange and Pistachios
Created by Chef Lee Anne Wong
for House Foods America

Serves 8

Ingredients

- 1 block House Foods Soft Tofu
- ½ cup honey
- 1 tablespoon powdered gelatin
- 1 tablespoon sugar
- 1 cup soy milk, room temperature
- Pinch of salt
- Zest of ½ blood orange, peeled into 1-inch wide strips with a vegetable peeler
- 2 pieces blood orange
- 1 recipe blood orange syrup (recipe follows)
- 1 recipe candied pistachios (recipe follows)
- Fresh mint and tarragon, fine chiffonade

Directions

1. Stir the powdered gelatin and sugar together. Place the soy milk in a small bowl and whisk in the sugar and gelatin, adding in a thin stream. Allow the gelatin to bloom for 5 minutes.
2. In a blender, combine the soft tofu, honey, and a pinch of salt. Blend on high until smooth. Add in the gelatin soy milk mixture and blend again until homogenous.
3. Transfer the tofu mixture to a saucepan. Bring the tofu to a simmer while stirring constantly,

but not to a boil, just until the mixture begins to bubble. Whisk once more and remove from the heat. Pour the tofu into 4 ounce ramekins lightly coated with cooking spray. Refrigerate for at least 2 hours or until set.

4. While the panna cotta is chilling, bring a small pot of water to a boil and blanch the strips of blood orange zest for 15 seconds, then strain. Repeat this process twice more, boiling a fresh pot of water each time. Run the zests under cold water, and pat dry with a paper towel. Julienne the strips finely crosswise into ½-inch long strands. Set aside to add into the gastrique.

5. Cut off the tops and bottoms of the blood oranges to expose the pulp and then stand it on one end. Cut away the peel with your knife, following the curve of the fruit. Working over a bowl, gently cut the filets of orange out, slicing between the pith/membranes, being sure to remove seeds. Squeeze any excess juice from the core into a separate bowl, using the extra juice towards the blood orange gastrique.

6. Make the gastrique and pistachios according to recipes below. To serve, gently run a knife along the inside edge of the ramekin and invert the ramekin onto a plate. Spoon a few tablespoons of syrup onto each panna cotta and top with a several orange filets, candied pistachios, and julienned herbs for garnish.

Blood Orange Gastrique

Ingredients

- 1 cup sugar
- 1/4 cup champagne vinegar
- 1/4 piece vanilla pod, seeds scraped
- 1 cup blood orange juice, freshly squeezed

Directions

1. Combine all ingredients in a small saucepan. Stir well and bring to a boil. Cook the syrup over medium-high heat until it has reduced by 70% and has a syrupy consistency. Remove from the pan and stir in the blanched zest. Allow the syrup to cool to room temperature.

Candied Pistachios

Ingredients

- 1 cup shelled raw pistachio nuts
- 1 tablespoon honey
- 1 tablespoon water
- 2 tablespoons granulated sugar
- Pinch of salt
- 1/4 cup Demerara sugar

Directions

1. Preheat the oven to 350i,°F. In a small bowl, whisk together the honey, water, salt, and granulated sugar until smooth. Toss the pistachios and Demerara sugar in the honey mixture, stirring well to coat.
2. Spread the nut mixture onto a parchment lined sheet tray in a single layer and bake until the nuts are golden brown, about 8-10 minutes. Allow the nuts to cool to room temperature and then break into small pieces. Store in an airtight container until needed.