

# LA PETITE BLOG

## ToFu With Love: Recipes That Will Make You Fall In Love With Vegetarian Cooking

*Fall In Love With*  
**TOFU**

Les petites this Valentine's let's introduce our palate to something new with the help of House Foods and try this mouth watering recipes sure to get you and your paramour in the mood for indulging. From exotic pan-Asian, exquisite pasta to decadent chocolate confections we have you covered... enjoy every bite lovers!



## Chinese Tofu Egg Tart

Created by House Foods America

### INGREDIENTS:

1/2 pkg House Foods Premium or Organic Tofu Soft  
24 phyllo shells (alternate option: 12 mini graham cracker pie shells)  
1/4 C granulated sugar  
1/2 tsp cornstarch  
4 egg yolks  
1 tsp vanilla extract  
Pinch salt

### DIRECTIONS:

Combine Tofu, sugar, cornstarch, egg yolk, vanilla and salt to the bowl of a food processor and purée until smooth.

Fill each phyllo cup with custard about 1/8 in. from the top of the crust. Bake at 375 degrees for approximately 20 minutes.



### Soylicious Spaghetti

Created by House Foods

### INGREDIENTS:

2 pkg House Foods Tofu Shirataki Spaghetti shaped, rinsed, drained and roughly cut  
1 pkg El Burrito Soy Pepperoni  
1 jar low sodium spaghetti sauce  
Dash oregano  
Dash basil

## DIRECTIONS:

In a non stick pan, add Tofu Shirataki noodles and cook just until excess water has evaporated, about 2 minutes. In a separate pan, crumble Soy Pepperoni and heat until cooked through. Add spaghetti sauce. Add Tofu Shirataki to sauce pan and heat additional minute or until heated thoroughly.



## Tofu Wonton Soup

Created by House Foods American

## INGREDIENTS:

### Wonton:

- 1 pkg House Foods Premium or Organic Tofu Extra Firm, drained and pressed (option: use 1/2 pkg Tofu with 1/3 lb ground pork)
- 1 pkg House Foods All Natural Small Square Wraps
- 2/3 C dried shiitake mushrooms, reconstituted and finely chopped
- 2/3 C napa cabbage, finely chopped
- 3 green onions, finely chopped
- 4 cloves garlic, minced or grated
- 1.5 Tbsp ginger, minced or grated
- 2 tsp sesame oil
- 1.5 Tbsp soy sauce
- 1 tsp sake
- 2 tsp potato starch or arrowroot powder

**Soup:**

1 (32 oz.) container low sodium chicken broth  
2 cloves garlic  
1 in. piece ginger  
Salt & pepper to taste  
Sesame oil  
Garnish with green onion

**DIRECTIONS:**

In a large bowl, crumble Tofu or mash with fork. Add mushrooms, cabbage, green onions, garlic, ginger, sesame oil, soy sauce, sake and potato starch. Mix well with hands.

Add water to a small bowl. Wet edges of wrap. Add 1 tsp of filling to the middle of wrap. Fold wrap in half, forming a triangle.

**Note:**

Do not overcook wontons. When overcooked, the skin tends to break.



**Chocolate Raspberry Ganache Tofu Tart** Created by House Foods American

**INGREDIENTS:**

**For Chocolate Filling:**

1 pkg House Foods Premium or Organic Tofu Soft  
1 1/2 C semi sweet chocolate chips  
1 pkg fresh raspberries  
1 Tbsp granulated sugar  
Pinch of salt

## DIRECTIONS:

For the tart dough:

Combine flour, powdered sugar, butter, water and salt in the bowl of an electric mixer. Blend dough until smooth. Remove from mixer, wrap dough in plastic wrap and chill in refrigerator for 30 minutes. Preheat oven to 425 degrees.

On a floured surface, roll the dough into an 11 in. circle and fit into tart pan with a removable bottom. Press dough firmly into pan.

Prick bottom of dough all over with a fork. Fit a sheet of aluminum foil snugly into the crust to prevent the dough from puffing up too much while baking. Bake for approximately 8 minutes, remove foil and bake an additional 6-8 minutes or until dough is slightly browned. Let cool completely.

For the Ganache:

Add Tofu and sugar to the bowl of a food processor and purée until completely smooth. Meanwhile, melt chocolate chips in a microwave safe bowl for 1 minute, stirring every 15 seconds. Once melted through, combine with tofu and purée until smooth. Once blended, pour filling into tart and chill for at least 4 hours or overnight. Top tart with raspberries before serving.

All recipes provided by House Foods.



### Tofu Molten Lava Cake

*Created by Alexander Weiss, Season One winner of "MasterChef Junior" on Fox*

## INGREDIENTS:

- 4 tbsp unsalted butter, plus extra for the molds at room temperature
- Unsweetened cocoa powder, as needed (for the molds)
- 1 heaping cup semisweet, or bittersweet chocolate
- ½ package House Foods Premium or Organic Tofu Medium Firm, pressed dry
- 2 large egg yolks

#### DIRECTIONS:

Preheat your oven to 450 F, and position a rack in the center of the oven. Lightly butter your ramekins and line with cocoa powder. Tap out the excess cocoa powder, and set the ramekins aside.

Fill a medium pot with about 2 inches of water and place over medium heat and bring to a simmer. Place a heatproof bowl over the simmering water, making sure that the bottom of the bowl doesn't touch the water. Add in the chocolate and butter, and melt, stirring often with a spatula. Set aside to cool once melted. Blend together the tofu, egg yolks, and sugar in a blender until smooth, making sure to scrape down the sides of the blender a couple times.

Fold the tofu mixture into the chocolate and butter mixture. Add in the flour and salt, and fold until combined well. Divide evenly into the ramekins, filling them about  $\frac{3}{4}$  of the way to the top. Place on a baking tray and place in the oven. Bake for about 14-16 minutes, or until the cakes are browned on the sides and top, and the center still a bit wobbly, but not raw. The cakes should be runny in the center, and set on the outside. Immediately turn out onto your plate and sift over some powdered sugar over the top. Garnish with toppings of your choice. (Unmolding the cakes is an optional step, you may serve in the ramekins with caution, as they will be hot.)

\*Yield 5 servings