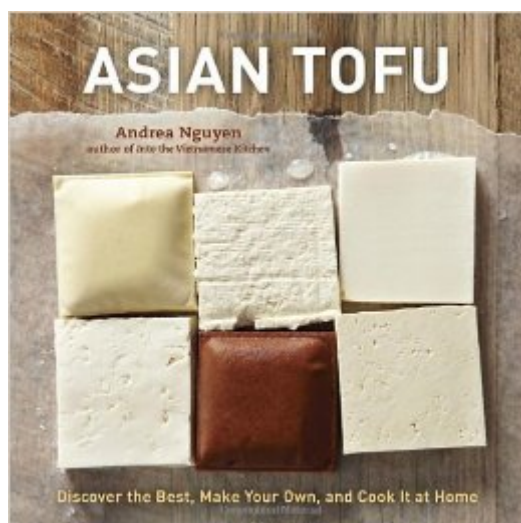


The book was found

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

Hardcover: 240 pages

Publisher: Ten Speed Press; 1 edition (February 28, 2012)

Language: English

ISBN-10: 1607740257

ISBN-13: 978-1607740254

Product Dimensions: 9.3 x 0.9 x 9.2 inches

Shipping Weight: 2.4 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (51 customer reviews)

Best Sellers Rank: #207,781 in Books (See Top 100 in Books) #236 in [Books > Cookbooks](#),

Food & Wine > Cooking by Ingredient > Vegetables #275 in Books > Cookbooks, Food & Wine > Asian Cooking #359 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

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.

[Download to continue reading...](#)

Asian Tofu: Discover the Best, Make Your Own, and Cook It at Home Read and Discover: Level 3: 600-Word Vocabulary Your Five Senses (Discover! - Oxford Read and Discover) Rich Dad Advisor's Series: Own Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad's Advisors) 18 and Submissive: Amy - Video Gamer Girlfriend Picture Book (Korean Coed, Asian Babe, Cute Japanese Teen, Hot College Competition, Games Console, Young Amateur Pics) (Amy Asian Teen 4) The Crisis of Global Modernity: Asian Traditions and a Sustainable Future (Asian Connections) Rice Cooker Recipes - Asian Cooking - Quick & Easy Stir Fry - Low Sugar - Low Sodium: Bonus: Trader Joe's Ingredients Asian Style Recipes (Rice Rice ... - Healthy Eating On a Budget) The Asian Kitchen: Fabulous Recipes from

Every corner of Asia [Asian Cookbook, 380 Recipes] Racial Ambiguity in Asian American Culture (Asian American Studies Today) Perfectly 18: Kila - Asian Schoolgirl Slut (Picture Book, Asian College Coed Babe, Homemade Amateur Pics) Asian Girls: Hot Sexy Asian Lingerie Girls Models Pictures Tyler Makes a Birthday Cake! (Tyler and Tofu) The Everything Vegetarian Slow Cooker Cookbook: Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue ...and hundreds more! (Everything (Cooking)) The Everything Vegetarian Slow Cooker Cookbook: Includes Tofu Noodle Soup, Fajita Chili, Chipotle Black Bean Salad, Mediterranean Chickpeas, Hot Fudge Fondue and hundreds more! (Everything Series) Event Planning: Plan Events Like a Professional, Impress Your Clients and be Your Own Boss in 12 Simple Steps (event planning, experience, organise, manage, ... be your own boss, work from home Book 4) Vegan Freak: Being Vegan in a Non-Vegan World (Tofu Hound Press) HOW TO MAKE MONEY ONLINE: Learn how to make money from home with my step-by-step plan to build a \$5000 per month passive income website portfolio (of 10 ... each) (THE MAKE MONEY FROM HOME LIONS CLUB) AMC Discover Cape Cod: AMC's Guide To The Best Hiking, Biking, And Paddling (Appalachian Mountain Club: Discover Cape Cod) Discover Acadia National Park: AMC's Guide To The Best Hiking, Biking, And Paddling (AMC Discover Series) Discover the Adirondacks: AMC's Guide To The Best Hiking, Biking, And Paddling (AMC Discover Series) Mr. Food Test Kitchen Cook it Slow, Cook it Fast: More Than 150 Easy Recipes For Your Slow Cooker and Pressure Cooker

[Dmca](#)