

## Tofu For You

Tofu is the Japanese name for bean curd and means rotten beans. This description is certainly not an appetising term for what is an economical, healthy and incredibly versatile ingredient. I once made tofu from scratch, starting with the dried soybean – although it was a fun project, I concluded it's much easier to buy the readymade product. Tofu is a white smooth, cheese-like substance made by pressing fresh bean curd. Although this nutritious and easily digested food is fairly bland in taste, it readily absorbs the flavour of other ingredients. Fresh tofu can be purchased as soft (Silken) or semi-firm or firm pressed, in brine, vacuum packed or in plastic containers. It can also be bought marinated, fermented, deep-fried or as thin 'yuba' wrappers. Vegetarians and vegans consider tofu one of the greatest meat substitutes and it is becoming a popular ingredient on many Australian dinner tables.



### Scrambled Tofu

- 30mL extra virgin olive oil (or vegetable stock)
  - 50g spring onion, white bottoms (finely sliced)
  - 30g garlic, crushed
  - 30g turmeric, finely grated (or dried powder)
  - 300g silken tofu (blended smooth)
  - 450g firm tofu (crumbled)
  - 30g nutritional yeast flakes
  - 30g coconut yoghurt
  - Pinch seasalt flakes (to taste)
  - Pinch ground white pepper (to taste)
1. In a heavy non-stick frying pan heat oil to a medium heat.
  2. Add spring onions and cook gently until tender.
  3. Add garlic and continue cooking for an additional minute.
  4. Add turmeric and cook for an additional minute.
  5. Add smooth silken tofu, stirring until combined and begins to gently simmer
  6. Add crumbled firm tofu and stir until combined, and remove from heat.
  7. Add yeast flakes, yoghurt and seasoning until combined and seasoned to your liking.

Serve on toasted sour dough with grilled tomato for a delicious plant-based breakfast.