

Some Tofu recipes

Tofu is an important source of protein in vegetarian and vegan diets. It's a useful addition to all our diets though as it is an excellent source of phyto-oestrogens, which help to maintain hormone balance.

It's pretty bland but will soak up other flavours, so best used in otherwise strongly flavoured dishes. There are two types – firm, which is good in stir fries or the kedgeree below, and silken, which works well in smoothies – you probably won't be able to tell it's there at all. The recipes all give one serving.

Marinated tofu

Cut 50g firm tofu into small chunks (1-2cm or so). Sprinkle with soy sauce, and stir about to make sure each piece is coated. Leave to marinate for 10-15 minutes. This is nice simply shallow fried for a few minutes in a little oil – coconut oil is particularly good. You can then eat it as it is, add to a stir fry, or try it in the kedgeree below.

Tofu kedgeree

(adapted from www.bbcgoodfood.com)

70ml basmati rice, white or brown

140ml boiling water

1 egg

1 tsp coconut oil or olive oil

1 small onion, chopped

1 small red chilli, chopped

1tbsp medium curry powder

½ tsp brown or black mustard seeds

pinch of cayenne pepper

50g marinated tofu (see above)

2 spring onions, sliced

1 tbsp chopped flat leaf parsley



1. Hard boil the egg.

2. Heat the oil in a saucepan over a moderate heat then add the onion and red chilli and soften for 5 minutes. Add all the spices and fry for 1-2 minutes more.

3. Add the rice and stir to coat with the oil and spices, then add the boiling water. Stir once only to ensure everything is well mixed, then put the lid onto the pan. Turn the heat as far down as possible and cook, tightly covered, for 15 minutes if using white rice, or 25 if using brown.

4. Peel and quarter the hard boiled egg.
5. When the rice is cooked, stir in the tofu and season to taste. heat through gently until the tofu is piping hot, then stir in the spring onions and parsley. Put the mixture into a bowl and top with the egg.



Natalia Kerkham Herbal Medicine and Nutrition

www.nataliak.co.uk ♦ herbsandnutrition@yahoo.co.uk ♦ 07411 377090

Breakfast smoothie

50g silken tofu
1 banana, chopped
80g frozen fruit of choice
1 tbsp ground linseeds/flaxseeds (they are the same thing)
250ml dairy milk , soya milk or other non-dairy substitute

Put all the ingredients into a blender, whizz until smooth and drink.

Scrambled tofu (adapted from 'Eat your way through the menopause' by Marilyn Glenville)

1 tsp fresh basil, finely chopped
2 tsp flat leaf parsley, finely chopped
1 tsp soy sauce
1 spring onion, chopped
50g firm tofu crumbled
Butter or coconut oil to fry

1. Mash together the basil, parsley and soy sauce in a pestle and mortar or in a small bowl using the end of a rolling pin. Set aside.
2. Melt the butter or coconut oil in a small pan and sauté the spring onion until just wilted. Stir in the tofu, followed by the herb mixture and stir fry for another 3-4 minutes.
3. Serve with wholemeal bread or toast, or with grilled tomatoes.