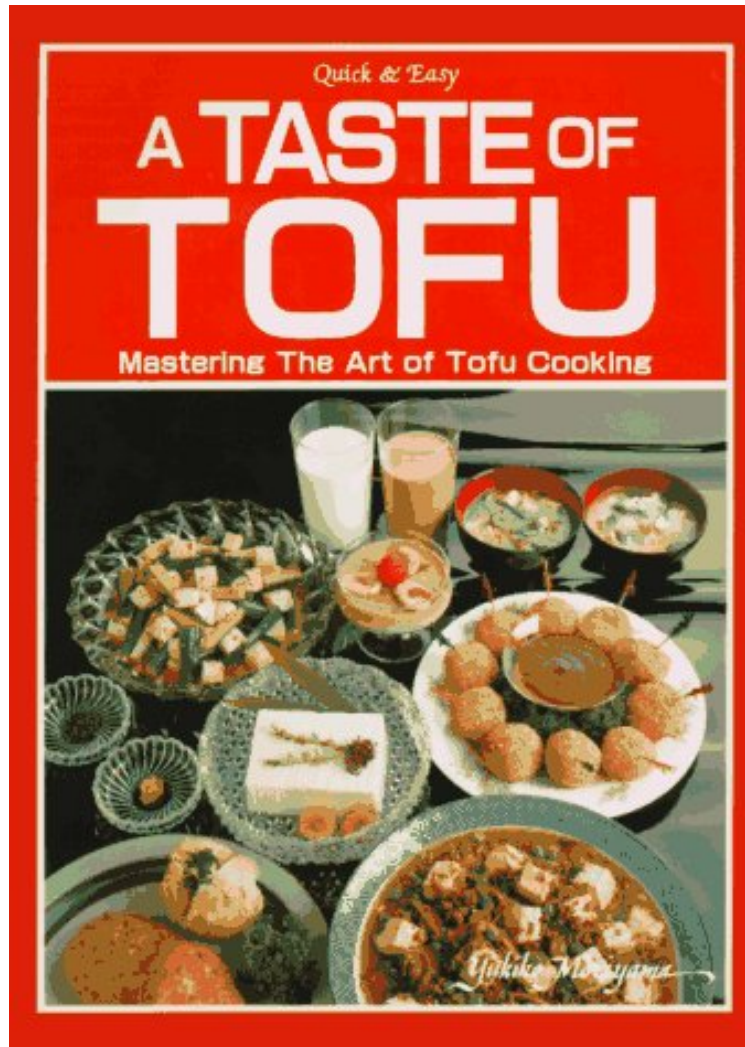


[Read free] A Taste of Tofu: Mastering the Art of Tofu Cooking (Quick and Easy)

A Taste of Tofu: Mastering the Art of Tofu Cooking (Quick and Easy)

Yukiko Moriyama, Yukiko Moriyama , Yasuhiro Komatsu
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Yukiko Moriyama, Yukiko Moriyama , Yasuhiro Komatsu : A Taste of Tofu: Mastering the Art of Tofu Cooking (Quick and Easy) before purchasing it in order to gage whether or not it would be worth my time, and all praised A Taste of Tofu: Mastering the Art of Tofu Cooking (Quick and Easy):

3 of 3 people found the following review helpful. A Real Tofu FanBy Net Admin / Home ChefI've been a real tofu fan for a long time. It's high in protein and calcium with no cholesterol as well as being low calorie and quite inexpensive."A Taste of Tofu" gives a good look at many ways it can be prepared as well as lots of recipes for sauces and dips to accompany it. All the recipes are illustrated step by step with nice color photography finishing with the

pictures of the completed dishes. Some recipes cover tofu by itself. Others add it to seafood, chicken, beef, pork, or vegetables. It may be broiled, fried, steamed, boiled, or even frozen. Seasonings include fresh ginger, garlic, oyster sauce, Hoisin sauce, chili sauce, sesame oil, and rice vinegar. You'll probably have all of these already if you stir fry. There is a strong Japanese influence here, so you'll also need sake, mirin, miso, or dashi stock for some dishes. There are lots of things to try here, but I'll suggest miso soup, pork and tofu with hot chili sauce, or broiled tofu with one of the suggested sauces or dips to get you started. Then just flip through and pick out something else which appeals to you.

Book by Moriyama, Yukiko, Moriyama, Yukiko, Komatsu, Yasuhiro

TOFU is full of vegetable protein of good quality. Its popularity is still increasing year by year. A great variety of TOFU dishes including those of Japanese, Chinese, American and European style are introduced in this book. Color photographs illustrating a step-by-step process will enable everybody to cook them with ease and delight. -- Book Description