



## Tofu: The Ultimate Recipe Guide (Paperback)

By Sarah Dempsen

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. \*The Ultimate Tofu Recipe Guide\* For those of you who don t know what tofu is, tofu is a type of food that s made from soybeans. Tofu is considered to be a good meat substitute as it is rich in protein. The Chinese have been eating tofu since about 200 B.C. Although it is a staple in most Asian cuisine, American consumers often do not know how to prepare it. Cooking tofu is not difficult and its mild taste and ability to soak up the flavors of other ingredients makes it a versatile ingredient. We have collected the most delicious and best selling recipes from around the world. Enjoy.

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