

# Asian Tofu: Discover the Best, Make Your Own, and Cook It at Home

*Andrea Nguyen*

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# Asian Tofu: Discover the Best, Make Your Own, and Cook It at Home

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## **Asian Tofu: Discover the Best, Make Your Own, and Cook It at Home** Andrea Nguyen

A comprehensive guide to making tofu and cooking with it, featuring 75 versatile recipes from one of the country's leading voices on Asian cuisine. Respected cooking teacher and popular blogger Andrea Nguyen showcases tofu in all of its forms in this horizon-expanding cookbook and enhanced digital edition featuring how-to videos and more. Andrea's tofu tutorial clearly outlines technique and guides home cooks through creating many varieties of tofu, and the flavor forward recipes explore the full range of traditional and modern tofu uses—from silken tofu pudding and a spicy “noodle” dish made with tender tofu skin to preparations using baked, smoked, marinated, or crumbled tofu as the star. A few recipes require homemade tofu but most are terrific with purchased tofu products and dishes are predominantly meatless or low-meat, making this cookbook ideal for vegetarians, vegans, those trying to reduce their meat intake, and DIY cooking enthusiasts. About The Author: Andrea Nguyen is a celebrated teacher and food writer for the Los Angeles Times and Saveur magazine, where she is also a contributing editor. Her previous books were highly acclaimed and nominated for James Beard and IACP cookbook awards. Andrea has loyal readership and strong online presence through her two blogs (vietworldkitchen.com and asiandumplingtips.com), Twitter (@aqnguyen), and Facebook.

## **Asian Tofu: Discover the Best, Make Your Own, and Cook It at Home Details**

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
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# **From Reader Review Asian Tofu: Discover the Best, Make Your Own, and Cook It at Home for online ebook**

**Michael J. LeSage says**

## **Very comprehensive**

Narratives are easy to read and informative. Topics are well researched and the recipes are wide ranging and thorough. Each recipe is easy to follow and most are well within the reach of even casual home cooks. The tutorial on how to make your own tofu was appreciated because in my neck of the woods it requires a drive of at least 30 minutes to obtain even the most basic types of tofu.

Photographs are excellent and show techniques where appropriate and finished dishes in a very appetizing light.

Highly recommended.

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**Aja Marsh says**

i think the most valuable thing about this book is the how-to tofu instructions in the first chapter or so of the book. lots of great photos and clear instructions with some anecdotes. but she makes making tofu seem approachable, without making it seem like it's without its difficulties. there are lots of great recipes from china and southeast asia (not all vegetarian) included in the rest of the book that seem really interesting. a cool resource!

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**Viriam says**

This is a great book to introduce you to tofu and the varieties of such. It has an excellent first chapter on how to make several varieties of tofu at home. The recepies are good but being a vegetarian I found many to contain or be oriented around meat.

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**Cailia says**

Overall, this is a good book on creating different styles of homemade tofu, from silken to super-firm, as well as incorporating tofu into a broad variety of recipes. Organic, non-GMO and hexane free silken tofu is unavailable where I live, so fully understanding how to prepare my own was very desirable. I would have rated this book higher if meat and other animal byproducts were not included, but they were included in enough recipes to make them impossible to overlook. Also, sprouted tofu is not covered and the issues with conventional tofu brands (GMO's, pesticides, hexane extraction, etc.) were not adequately addressed. So, the highest I could give this book is a solid 3 stars.

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### **Thitirat B. Luu says**

Very plain and very boring. Nothing new.

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### **Samantha Arias says**

If you have ever been curious about making your own tofu I strongly recommend you getting this book. It makes the process easy and simple to complete and shows you all the different types you could make. After which it gives you recipes on how to cook your newly made tofu. I'm a vegan so let me warn vegans or vegetarians now, this book is not totally veggie. It does contain a few recipes containing meat products. But those recipes can be so easily converted that it's not really an issue. You can either substitute or omit completely. The book even provides a few recipes for mock meats inside. If your ready to step up your tofu game I recommend this book to you.

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### **Meg Le says**

If you're on vegan or vegetarian diet, and you're interested in Asian dishes. This is the book that you should look up to explore plenty of recipes. I'm a fan of Andrea Nguyen cook book. Can't miss this book in my cookbook collection

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### **Elizabeth Leonard says**

The book is very informative and the recipes are great. I was hoping for more vegetarian dishes being that it is a tofu book, but I still very much enjoyed it.

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### **Alex says**

**A comprehensive guide to making tofu and cooking with it, featuring 75 versatile recipes from one of the country's leading voices on Asian cuisine.**

Respected cooking teacher and popular blogger Andrea Nguyen showcases tofu in all of its forms in this horizon-expanding cookbook and enhanced digital edition featuring how-to videos and more. Andrea's tofu tutorial clearly outlines technique and guides home cooks through creating many varieties of tofu, and the flavor forward recipes explore the full range of traditional and modern tofu uses--from silken tofu pudding and a spicy "noodle" dish made with tender tofu skin to preparations using baked, smoked, marinated, or crumbled tofu as the star. A few recipes require homemade tofu but most are terrific with purchased tofu products and dishes are predominantly meatless or low-meat, making this cookbook ideal for vegetarians, vegans, those trying to reduce their meat intake, and DIY cooking enthusiasts.

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## **Rachel says**

Despite how much most people complain about tofu, I actually like it. And I'm always looking for new ways to cook it. This book, goes a step beyond simple recipes and tells you how to make it at home. Starting with homemade soy milk and ending up with tofu skin, soy lees and tofu blocks, with a few simple tools, you can prepare it at home. The author is very thorough with her tofu buying guide, basic cooking tips, and then the recipes themselves from all parts of Asia, including China, Japan, Vietnam, Korea, and India. I'd seen variations of some of the recipes before in other cookbooks, but was pleased to see a whole variety of ones I'd never seen before, such as Tofu, Tomato and Dill Soup, Soft Tofu and Seafood Hot Pot, Spicy Yuba Ribbons (basically tofu skin briefly cooked with spices), and Cashew and Cardamom Fudge. The gorgeous photos of nearly every recipe helped a lot with the unfamiliar dishes. Highly recommended, 5 stars.

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## **Claire says**

Great bird's eye view of a variety of Asian cuisines and how they compare and contrast. Plus, background history of different dishes and ingredients and fun profiles of contemporary tofu manufacturers and chefs. The twice-cooked Indonesian tofu turned out very bland but I think that may have been because I didn't drain the tofu for long enough so it didn't absorb its marinade well.

Hmong-style tofu/chicken meatballs in lemongrass broth were DIVINE. Would make again but pan-cook them a little before poaching so they can pick up a more appetizing color.

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## **Sara Jamshidi Zelenberg says**

Warning: Do not read this book on an empty stomach. The pictures are too delicious-looking for hungry eyes.

This is a pan-asian cookbook centered around tofu and it's so interesting! It is full of engaging stories and cool facts (for example, Burmese tofu is made from legumes and formed in polenta-like blocks). The author goes over how to make most things from scratch and offers alternatives to the more exotic ingredients (for those who don't have a foreign-goods store nearby). If you don't wish to make items from home, she gives you tips on how to select these items in a store. She also provides cooking instructions for those who find tofu baffling.

The recipes are not exclusively vegetarian/vegan. I would say about 40% of the recipes use meat (much of it pork) and a handful use eggs, but they can be easily adapted to a vegetarian/vegan diet. It is, however, mostly dairy-free. So if you have a dairy allergy or sensitivity and you like tofu, you are going to love this book.

The recipes are doable but sometimes too involved. I also don't like that the author seems to hate soymilk makers, an appliance I rely on. I didn't have problems making tofu skin from soymilk out of my Soyajoy4.

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## **Tara says**

I love this book! Of the recipes I've tried so far, the twice-fried coriander tofu, spicy Yuba ribbons, and pan-fried Korean tofu with mushrooms were all keepers. The spring roll filling was not to my taste. The index is rather difficult to navigate, but otherwise I love this book! Please note that at least one third of the recipes use meat as well as tofu.

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## **Leslie says**

Andrea Nguyen's instructions for making fresh tofu are perfect. It requires no special equipment, only patience. The results were wonderful. She also includes recipes for using all the byproducts of the tofu making process: tofu skin, lees, and whey. I used the lees to make her Gingery Chocolate Chip Cookies and my family loves them. This will become a habit in our home. I'm looking forward to seeing checking out her other cookbooks.

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## **Ariela Housman says**

This is my favorite cookbook.

I particularly love that Nguyen doesn't just give a bunch of recipes, she teaches techniques, gives advice on how to stock your pantry and how to make good purchases. She assumes competence rather than knowledge, so her book covers everything from the very basic on up to extremely complex, but it all builds up and you could pick up the book knowing nothing about tofu and, with practice, get all the way to the complicated recipes.

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