

# Tofu Recipes

Introducing tofu (soy cheese)  
into traditional African foods

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**INTERNATIONAL INSTITUTE OF TROPICAL AGRICULTURE**

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## **Preface**

Soybean (*Glycine max*) is a relatively new crop in Africa. During recent years its production has increased significantly, due in part to research advances in "tropicalizing" the legume by IITA and national scientists in the region.

Postharvest processing and utilization of soybean food products have also been an important part of IITA's soybean research program since 1985. From 1987 to 1993 IITA's soybean utilization project, funded by the International Development Research Centre (IDRC) of Canada and the Japan International Cooperation Agency (JICA), developed new recipes for soybean products. The objective was to enhance the nutritional value and taste of traditional Nigerian dishes, without increasing the time or cost of preparing them.

This booklet contains recipes produced by the project. IITA acknowledges with sincere gratitude the work of Osamu Nakayama in developing and testing these recipes and successfully concluding the project.

## Introduction

For thousands of years in East Asia, soybean has been an important dietary source of protein (40% of the edible grain) and oil (20%). In Nigeria, soybean is processed at household and small-scale levels into a variety of products, including vegetable oil, flour, milk, and oil cake.

One of the most popular soybean foods in Asia is "tofu" or soybean curd, (a kind of "soy cheese") made from coagulated soybean milk. Tofu is similar to *wara* or *warankashi*, a traditional food product made from cow's milk which has been introduced by Fulani housewives, mostly in the northern states and in some southern states of Nigeria.

*Wara* is a simple, soft, white, unripened cheese made from unpasteurized, whole cow's milk, which is coagulated with the juice or liquid extract from the leaves of the "bombom" tree (*Calotropis procera*), which is found in the savannas of West Africa.

A new method of making tofu, using *Calotropis procera*, was developed at IITA, because the chemicals used to make tofu in Asia are not normally available in Africa. The following recipes show how tofu-based dishes can be introduced into the Nigerian diet, for the benefit of households that wish to increase their dietary intake of protein.

## Making Tofu

### Materials needed

1. Empty milk tin (175 ml)
2. Plastic sieve (colander)
3. Local grinding machine, hand grinder, or grinding stone
4. Cooking pot
5. Fine mesh cloth, muslin cloth, or cheesecloth
6. Wood press, bamboo press, or extractor machine (Fig. 1)
7. Big spoon or dipper
8. Tofu box or any perforated container (Fig. 2)
9. Load (any object to use as a weight)

### Ingredients

1. Clean soybean seed or flour
2. Any vegetable oil
3. Green stem of "bombom" tree
4. Any citrus fruit (lime, lemon, or orange)

### Procedure

Take clean soybeans or soyflour and make soymilk. Prepare the soymilk for coagulation (see p. 3) and put into a tofu box or perforated container where the tofu will set and water drain away. When the curd has cooled, it ready for use.



Figure 1.



Figure 2.

## 1. How to make soymilk

Soymilk can be made using three different methods .

### A. Soaking soybean seed in cold water overnight

#### **Method A-1: (whole soybean) hot water extract**

1. Soak 2 tins of soybean seed in water overnight (about 8 hr at room temperature).
2. Drain.
3. Pour 4 tins of water into a pot and boil.
4. Grind the beans, using 3 tins of cold water or lukewarm water.
5. Pour the slurry into the boiling water.
6. Add some drops of oil (palm oil or vegetable oil) to prevent foaming.
7. Bring to boil and continue boiling for 3 min.
8. Separate milk from slurry using fine mesh cloth or muslin cloth.

*Experience will show you the best grinding method for making soymilk. If the beans are ground too finely, the separation (filtering) process will be difficult. If the slurry is not fine enough, the milk will be watery (produce less curd) and less creamy.*

#### **Method A-2 : (whole soybean) cold water extract**

1. Soak 2 tins of soybean in the water overnight (8 hr at room temperature).
2. Drain.
3. Grind the soybean with 4 tins of water.
4. Mix the slurry with 3 additional tins of water.
5. Separate the milk from the slurry using a fine mesh or muslin cloth by using one of the following: (a) wood press, (b) bamboo press, (c) extractor machine, or (d) hand squeezing.

*For good yield you may select method A-1.*

*Method A-2 (standard method) requires no cooking and is easy for hand squeezing. However, the milk is not as rich as that obtained through method A-1. The soylfleur method can be used when no grinding machine is available.*

### B. Soaking soybean seed in boiled water for 1 hr

#### **Method B-1: (whole soybean) hot water extract**

1. Pour 2 tins of soybean into a cooking pot.
2. Boil water, then pour the hot water to cover the soybean in the cooking pot.
3. Take off the fire and leave to soak for 1 hour.
4. See steps 2–7, Method A-1 .

#### **Method B-2 : (whole soybean) cold water extract**

1. Put 2 tins of soybean into a cooking pot.
2. Pour boiling water to cover the soybean.
3. Let soybean soak (no heat) for 1 hour.
4. See steps 2–5, Method A-2.

### C. Using soybean flour

#### **Method C: hot water extract**

1. Mix 2 tins of soylfleur with 2 tins of cold water.
2. Leave for 10 min.
3. Pour 4 tins of water into a pot and boil.
4. Pour the slurry (mixture) into the boiling water on the fire.
5. Rinse the container that had the soybean flour-water mixture with 1 tin of cold water and add this to the boiling water.
6. See steps 5–7, Method A-1.

Each of the five methods for soybean preparation has advantages and disadvantages.

## 2. How to make tofu ("soy cheese")

Soybean curd can be obtained from soymilk using three methods:

### A. Hot water extract using bombom

This is the recommended method if the milk being used was made with method A-1, B-1, or C.

### B. Cold water extract using bombom

This is the recommended method if the milk being used was made with method A-2 or B-2.

### C. Hot water extract using hydrolized calcium sulphate

If hydrolized calcium sulphate ( $\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$ ) is available this is the recommended method if the milk being used was made using method A-1, B-1, or C.

#### A. Hot water extract using Bombom

1. Pound 10 g or 5–7 cm of the green stem of bombom (*Calotropis procera*).
2. Mix bombom with 2 tins of soymilk and leave for 5 min.
3. Separate the mixture by pouring through a filter cloth (save the milk and discard the residue).
4. Add 1 teaspoonful of citrus juice and mix.
5. Put the container with the milk solution into boiling water or a steamer and boil for 30 min. (Note: Do not pour the milk into the boiling water). During this time the milk will coagulate.
6. Pour coagulated milk (curd) into any perforated container (tofu box) which has been lined with cheesecloth.
7. Leave to stand for 5 min.
8. Put weight on the tofu to allow water to drain. Leave for 15–20 min.
9. Remove the weight after all the water has drained out.
10. Take the pressed curd out of the tofu box and remove the cheesecloth.

11. Put curd in cold water to cool.
12. After cooling for 20–30 min the curd is ready for use or for storage.
13. If the curd will not be used immediately, boil water, remove from fire and immediately place the curd in the boiled water. Be sure the water covers the curd completely.

*Tofu can be stored for 2 days in boiled water under room temperature. It can also be stored in the fridge for a long time in boiled water. However, you must change the boiled water every 2 days.*

#### B. Cold water extract using bombom

1. Pound 10 g or 5–7 cm of the green stem of bombom.
2. Mix bombom with 2 tins soymilk and leave for 5 min.
3. Separate the mixture by pouring through a muslin cloth; save the milk and discard the residue.
4. Put the container with the milk solution into boiling water or a steamer and boil for 30 min. Remove from heat after 30 min. During this time the milk will coagulate. (Note: Do not pour the milk into the boiling water.)
5. Add 1 teaspoonful of citrus juice and mix.
6. Leave to stand for 5 min.
7. See steps 6–13 under Method A (Hot water extract using bombom).

#### C. Extraction using hydrolized calcium sulphate ( $\text{CaSO}_4 \cdot 2\text{H}_2\text{O}$ )

1. Mix calcium sulphate with a small quantity of water in a container.
2. Put a container with 2 tins of milk solution into boiling water and heat the milk solution to 80°C. (Note: Do not pour the milk into the boiling water.)
3. At this temperature (80°C), quickly pour the milk into the  $\text{CaSO}_4$  solution and mix thoroughly.
4. Leave to stand for 10–15 min.
5. See steps 6–13 under Method A.

### 3. Tofu in chicken soup

#### Ingredients

400 g tofu  
200 g light stock  
100 g diced chicken meat  
50 g tomatoes  
1 clove garlic  
30g red pepper  
4 g salt  
6 g cassava starch  
14g soybean/vegetable oil

#### Method

1. Dip tofu into 3 cups boiling water. Remove. Cut into cubes (1 cm sq) and drain in a colander.
2. Cut garlic clove into half. Split red pepper, discard the seeds, and chop finely.
3. Heat soybean/vegetable oil in large frying pan. Sauté garlic to flavor oil. When oil is flavored, remove and discard garlic.
4. Into the flavored oil put the chopped tomatoes, red pepper, and diced chicken. Stirring constantly, sauté these ingredients.
5. When the meat is brown, add salt and water/stock and bring to boil.
6. Add tofu and mix thoroughly.
7. Add soysauce.
8. Finally, stir in the cassava starch dissolved in 2 teaspoonfuls of water. Cook till the mixture is thick and clear. Serve immediately.

### 4. Tofu picatta

#### Ingredients

500 g tofu  
6 g ginger root  
16 g soysauce  
16 g grated Parmesan cheese  
12 g salad oil  
2 eggs  
Flour or cornstarch for coating

#### Method

1. Drain the tofu in a colander. Cut into bite-sized pieces (about 1 cm thick). Grate the ginger and mix with soysauce. Marinate the tofu pieces in this mixture for a while.
2. Coat the pieces of tofu evenly with flour or cornstarch. Beat the eggs lightly and mix with the Parmesan cheese. Coat the pieces of tofu with this mixture.
3. Heat salad oil in a frying pan and fry the tofu pieces till golden brown, taking care not to burn them.
4. Arrange on serving plates. Provide dishes of the ginger and soysauce dip. Or replace this dip with tomato ketchup, mayonnaise, lemon juice, mustard, or a mixture of lemon juice and soysauce.

## 5. Tofu in ewedu soup

### Ingredients

150 g tofu  
250 g ewedu  
650 g water  
4 g salt  
1 seasoning/stock cube  
Small amount of potash

### Method 1

1. Pluck the ewedu leaves from the stem. Rinse and drain in a colander.
2. Boil water.
3. Drop potash into the boiling water.
4. Put ewedu leaves into the boiling water. Cook for 5 min and pour into the blender. Blend at a low speed for 30 seconds.
5. Pour mixture back into the pot. Add the crumbled tofu. Mix well with the ewedu slurry.
6. Add seasoning cube and salt to taste. Allow to steam over low heat for 2 min.

### Method 2

1. Pluck the ewedu leaves from the stem. Rinse and drain in a colander. Chop the leaves finely.
  2. Boil water.
  3. Drop potash into the boiling water.
  4. Put the leaves into the boiling water. Cook for 6 min.
  5. Add the crumbled tofu, seasoning cube, and salt into the ewedu slurry.
  6. Steam over low heat for 2 min.
- Serve with eba, fufu, or tuwo after adding stew

*Ewedu soup topped with fish or meat stew could be served with amala, eba or alone with cold palp. This is very good for children between the ages of 10 months and 2 years.*

## 6. Tofu and chopped-chicken soup

### Ingredients

300 g block tofu  
100 g boned, skinned chicken breasts  
12 g wine  
22 g egg white (white of 1 egg)  
8 g cornstarch/cassava starch  
414 g of good chicken stock  
Pinch of salt  
Small amount of lard/butter  
Small amount chopped parsley/ginger/scallion

### Method

1. Boil the tofu briefly in two cups of water. Drain and pound in a mortar or run through a food processor.
2. Remove tendons from chicken breasts. Chop finely and pound in a mortar or run through a food processor. Season with wine and add lightly beaten egg white.
3. Combine tofu and chicken breasts. Add to this mixture 1 tablespoonful cornstarch dissolved in 2 tablespoonfuls of water.
4. Boil chicken stock and season it with salt.
5. Gently pour the tofu and chicken mixture into the boiling soup. Reduce heat to a minimum. When the chicken meat simmers, add the lard/butter. Remove from the heat.

*It is important not to overcook the soup. Serve sprinkled with chopped parsley/ginger/scallion.*

## 7. Braised tomatoes and tofu

### Ingredients

500 g tofu  
200 g sliced chicken meat  
134 g tomatoes (7 medium size)  
126 g gravy  
16 g salad oil  
8 g red-pepper oil  
20 g dash of pepper  
6 g salt  
6 g onions

### Method

1. Cut the tofu into moderately large cubes and allow to drain for a while in a colander.
2. Cut chicken into slices and cook it adding salt and onions.
3. Cut the tomatoes into eight wedges.
4. In a large frying pan, heat salad oil. Sauté the chicken till it changes color. Add the tofu, tomatoes, red-pepper oil, and pepper.
5. When the mixture is almost ready, add the gravy.
6. Transfer mixture into an earthenware casserole dish or other casserole dish that can be used for serving.

## 8. Soya-yam balls (using common yam *Dioscorea rotundata*)

### Ingredients

300 g soymilk residue  
100 g peeled, boiled yam  
80 g pepper  
40 g onions  
5 g salt  
50 g cassava starch (binder)

### Method

1. Mash the boiled yam to a smooth paste.
  2. Mix thoroughly the mashed yam with the soy residue.
  3. Add salt.
  4. Grind the pepper and onions; add mixture to the paste (i.e., mashed yam and soymilk residue), mixing thoroughly.
  5. Add the cassava starch to the paste. Divide into balls.
  6. Deep-fry in hot oil for about 3 min.
- Serve as a snack

*Two types of soymilk residue were used in the recipes: (a) residue from whole soybean and (b) residue from soyflour. Soymilk residue from "a" was the most acceptable.*

## **9. Kosai gwaza with soymilk residue (soymilk residue cocoyam balls)**

### **Ingredients**

548 g grated cocoyam  
42 g onion  
34 g sweet pepper  
1 egg  
8 g salt  
Groundnut oil for frying  
148 g soymilk residue

### **Method**

1. Wash, peel, and grate the cocoyam.
  2. Grind the pepper and onion together.
  3. Mix the egg, pepper, and salt together in a bowl and add to the soymilk residue and cocoyam paste. Beat vigorously. Divide into balls.
  4. Fry in deep hot oil till brown. Drain from oil and serve warm.
- Serve as a snack

## **10. Recipe for soya-yam balls**

### **Ingredients**

300 g soymilk residue  
100 g water yam  
100 g water  
60 g pepper  
40 g onions  
5 g salt  
50 g cassava flour/starch (binder)

### **Method**

1. Grate the peeled water yam.
  2. Add the water to the soymilk residue and homogenize (blend).
  3. Mix the homogenized soy-residue with the grated water yam.
  4. Add salt.
  5. Grind pepper and onions.
  6. Add ground pepper and onions to the mixture and mix thoroughly.
  7. Add the cassava starch/flour to the paste
  8. Deep-fry in hot oil for about 3 min.
- Serve as a snack

## 11. Tofu in fish/meat patties

### Ingredients

250 g tofu  
250 g horse mackerel (cooked)/minced meat (raw).  
4 g salt  
Oil for frying  
Vegetables (optional)

### Method

1. Wrap the tofu with a clean cloth, put about 200 g weight on top of the wrapped tofu for 30 min to allow some water to drain.
  2. Crush the tofu and mix carefully with smooth fish paste/meat paste. Add salt and mix thoroughly.
  3. Add vegetables (diced carrot, green peas, etc). Mix again. (Optional).
  4. Wet your hands or oil them. Divide the mixture into about 16 parts and shape each part into a fairly broad, oval patty.
  5. Heat the oil to 340°F (170°C) and fry the patties in it till golden brown.
- Serve as a snack

*The patties can be coated with flour before frying them.*

## 12. Soy-ekuru and pepper sauce

### Ingredients

60/80 g soybean  
120/140 g cowpea  
40 g tomatoes  
30 g sweet pepper  
18 g hot pepper  
20 g onion  
80 g palm oil  
20 g shrimps  
1 seasoning/stock cube  
2 g salt  
200 g water  
Leaves (for wrapping)

### Method

#### ***Ekuru paste***

1. Soak soybean overnight (8 hr).
2. Soak cowpea (beans) in water for 3 min and remove coat by rubbing the seeds between your palms. Do the same to the soaked soybean.
3. Wash both very well and grind together with water.
- 4.\* Wrap the paste with leaves and steam in a steamer for 25 min.

#### ***Pepper sauce***

1. Grind peppers and onion together.
2. Fry the ground pepper, etc., in hot oil until "dry".
3. Add seasoning cube, shrimps, and salt to taste. Pour sauce on the mashed ekuru and mix thoroughly with a spoon.

Serve immediately.

- Serve as main dish or a snack

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*\*Dehulled roasted soybeans can also be used.*

### **13. Grilled tofu (recipe A)**

#### **Ingredients**

- 500 g tofu
- 10 g crushed onion
- 6 g salad oil
- Pinch of pepper (dried)
- Pinch of thyme
- 1 seasoning/stock cube

#### **Method**

1. Cut tofu crosswise in slices 1 cm thick. Wrap with a clean dry cloth and leave to drain, weighted on a tilted board for between 30 min and 1 hr.
  2. In a bowl combine onion, salad oil, pepper, thyme, and seasoning cube, dissolved in a small amount of hot water, to make a marinade.
  3. Allow the tofu slices to marinate in this mixture for a few minutes. On a wire grill over charcoal or other open fire, toast the tofu till browned and heated through. Brush on additional marinade from time to time during the grilling and take care not to let the sauce burn.
- Serve as a snack

### **14. Grilled tofu (recipe B)**

#### **Ingredients**

- 500 g tofu
- 28 g crushed scallion
- 12 g soysauce
- 4 g crushed garlic
- 2 g minced ginger
- 2 g sesame oil

#### **Method**

1. Cut tofu crosswise into slices 1 cm thick. Wrap with a clean dry cloth and leave to drain, weighted on a tilted board for between 30 min and 1 hr.
  2. In a bowl, combine scallion, garlic, ginger, soysauce, and sesame oil to make a marinade.
  3. Allow the tofu slices to marinate in this mixture for a few minutes. On wire grill over charcoal or other open fire, toast the tofu till browned and heated through. Brush on additional marinade from time to time during the grilling and take care not to let the sauce burn.
- Serve as a snack

## 15. Butter-fried tofu

### Ingredients

- 500 g tofu
- 22 g onion
- 40 g butter
- 2 g salt
- 1 seasoning cube

### Method

1. Select firm tofu. Cut each block vertically in half and crosswise into slices 2 cm thick.
  2. Peel onion and slice into thin semicircular slices. Sprinkle with salt, wrap in a towel, and allow to stand in running water long enough to remove strong taste.
  3. Melt butter in a frying pan. Wipe the pieces of tofu dry with a towel. Fry in hot butter until brown.
  4. Serve the fried pieces sprinkled with minced sliced onion, seasoned with salt and seasoning cube.
- Serve as a snack

*Butter-fried tofu is delicious served with a dipping sauce made of soysauce and mustard or soysauce and lemon juice.*

## 16. Fried tofu balls

### Ingredients

- 300 g tofu
- 2 g ginger root
- 200 g ground chicken
- 4 g salt
- 2 g powdered pepper
- 1 egg yolk
- Oil for frying

### Method

1. Wrap the tofu in a clean cloth. Put about 20 g weight on top of the wrapped tofu to allow some water drain off (about 30 min).
  2. Grate ginger.
  3. Pound tofu to a smooth paste in a mortar. Add chicken meat and mix thoroughly.
  4. Add egg yolk, ginger, salt, and pepper. Blend well.
  5. Wet your hands and form the mixture into small balls.
  6. Heat the oil to 340°F (170°C) and fry the balls in it till golden brown.
- Serve as a snack

## 17. *Yaki-dōfu* and chicken meat

### Ingredients

- 500 g *yaki-dōfu*\*
- 90 g chicken meat/liver and gizzard
- 8 g wine
- 8 g soysauce
- 10 g scallion
- 14 g salad oil
- 18 g soysauce
- 2 g powdered red pepper

### Method

1. Fry the tofu lightly (shallow frying) to get *yaki-dōfu*. Cut the *yaki-dōfu* into cubes (2 cm sq).
  2. Boil the chicken. Cut into 2 cm sq cubes to a side. Mix 8 g of wine with 8 g of soysauce and sprinkle mixture over the chopped chicken meat.
  3. Cut the scallion into diagonal slices.
  4. Oil the frying pan with salad oil. Sauté the chopped chicken in the oil. Add soysauce.
  5. Add scallion and *yaki-dōfu* in that order and simmer till the ingredients are hot and well flavored.
  6. Sprinkle with red pepper before serving.
- Serve as main dish

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\**Yaki-dōfu* is fried or grilled tofu.

## 18. Tofu-plantain pottage

### Ingredients

- 300 g tofu
- 400 g plantain
- 60 g sweet pepper
- 50 g tomatoes
- 20 g hot pepper
- 25 g onion
- 50 g palm oil
- 50 g smoked fish
- 4 g salt
- 4 g soy iru

### Method

1. Boil the tofu in 3 cups of water. Drain in a colander.
  2. Grind the peppers, tomatoes, and onion.
  3. Peel the plantain, cut into small sizes, cook till soft.
  4. Add the palm oil, ground mixture, and smoked fish to the cooked plantain.
  5. Crumble the tofu into the mixture after 5 min.
  6. Add salt and season with soy-iru.
  7. Cook for 15 min after which you mash with a wooden spoon.
- Serve as main dish

## 19. Tofu au gratin

### Ingredients

500 g tofu  
2 g salt  
2 g dry pepper  
150 g sliced chicken (boiled)/bacon/minced meat  
18 g onion  
4 g salad oil  
24 g butter  
3 eggs  
120 g milk  
4 g salt  
Dash of nutmeg  
40 g grated cheese

### Method

1. Wrap tofu with a clean dry cloth and leave for a few min to drain. Cut crosswise in slices 1cm thick. Sprinkle with salt and pepper.
  2. Mince boiled sliced chicken and onion.
  3. Heat salad oil in a frying pan and sauté the chicken and onion in it. Add butter and tofu and fry for one or two min.
  4. Arrange the tofu slices in an ovenproof casserole dish or in individual ovenproof serving dishes. Top with the minced onion and chicken bits.
  5. In a bowl, mix lightly beaten eggs, milk, salt, and nutmeg. Strain mixture.
  6. Pour the egg mixture over the tofu. Top with grated cheese and bake in an oven heated to 400°F (205°C) for 40 min.
- Serve alone

## 20. Fried tofu in vegetable soup

### Ingredients

220 g vegetables (spinach or any other type)  
230 g tomatoes  
28 g hot pepper  
28 g sweet pepper  
40 g onions  
150 g smoked fish  
6 g salt (or add to taste)  
100 g palm oil  
226 g fried tofu

### Method

1. Wash and cut the vegetables. Parboil for 3 min and squeeze out water.
2. Grind together the tomatoes, peppers, and onions.
3. Pour the oil into the pot, allow it to get hot, add the ground tomato, etc. Cover and allow to cook for 10 min and add the smoked fish.
4. Add salt. Cook for 15 min.
5. Add the fried tofu\*. Cook for 3 min.
6. Finally, add the squeezed vegetables. Cover the pot and allow to simmer for about 2 min.

### Preparation of fried tofu

1. Wrap tofu in a clean kitchen towel.
  2. Cut it into different sizes.
  3. Deep-fry in hot oil (170°C) till color changes to golden brown.
- Serve with eba, fufu, or tuwo

## 21. Ikokore with tofu

### Ingredients

500 g tofu  
790 g grated water yam  
4 g iru (soy iru)  
8 g salt  
8 g dried shrimps  
183 g palm oil  
8 g dry pepper  
345 g fish stock  
130 g fish  
660 g water  
Small onion

### Method

1. Wash, peel, and grate water yam. Wrap the tofu in cheesecloth to drain off some water for 5 min, cut into bite-size pieces, and fry in oil.
  2. In a cooking pot, add soy iru, salt, dried shrimps, fried tofu, dried pepper, fish stock, onion, water, and the fish (mashed). Boil for 20 min.
  3. Add the palm oil and boil further for 5 min.
  4. Add the grated water yam to the boiling mixture and mix with a ladle to ensure even distribution. Reduce the heat and simmer for 30 min. This food can be taken with gari or eaten as stew with eba.
- Serve as main dish

*Serve with a dip of mustard and soysauce or with a blend of salt and powdered pepper.*

## 22. Fried plantain with tofu stew

### Ingredients

300 g tofu  
150 g palm/vegetable oil  
120 g tomatoes  
90 g sweet pepper  
20 g hot pepper  
50 g onion  
8 g salt  
1 seasoning/stock cube  
4 sticks of plantain  
Oil for frying  
Water

### Method

1. Crumble the tofu and boil for 2–3 min with half of the salt in 3 cups of water. Drain the tofu in a colander lined with a kitchen towel.
  2. Grind the ingredients (peppers, onion, and tomatoes) together.
  3. Heat oil to about 100°C, add the ground ingredients, the seasoning cube, and salt. Cover the pot and cook for 20 min.
  4. Add the drained crumbled tofu and allow to steam on a low heat for about 10 min.
  5. Cut plantain into slices and fry in hot oil.
  6. Serve the fried plantain with the stew.
- Serve as main dish

*This stew could also be served with boiled plantain, boiled yam, or boiled rice.*

## 23. Soymilk residue in vegetable stew

### Ingredients

- 150 g vegetables (spinach or any type)
- 100–250 g soymilk residue
- 200 g tomatoes
- 90 g sweet pepper
- 5–18 g hot pepper
- 50 g onion
- 100 g smoked fish
- 6 g salt (or add to taste)
- 150 g palm oil
- 1 seasoning / stock cube

### Method

1. Wash and cut the vegetables. Parboil for 3 min.
  2. Grind tomatoes, peppers, and onion together.
  3. Heat oil in a pot until hot (i.e., until it emits blue smoke). Add the ingredients, cover the pot and allow to cook for 10 min, add the smoked fish, seasoning cube, and salt. Cook for 5 min.
  4. Add the soy residue and some water. Cook for another 10 min.
  5. Finally squeeze the parboiled vegetables and add to the pot. Cover the pot and allow to simmer for about 2 min on low heat.
- Serve with eba, fufu, or tuwo

## 24. Scrambled tofu

### Ingredients

- 300 g tofu
- 20 g green beans/peas\*
- 14 g salad oil
- 60 g pepper
- 40 g onion
- 2 g sugar
- 6 g salt

### Method

1. Crumble the tofu in a saucepan. Add 2 cups of water and bring to boil. Drain in a colander lined with a clean kitchen towel.
  2. Parboil the green beans/peas in one cup of hot water. Drain. In a saucepan combine one cup of water and small amounts of sugar and salt. Boil the green beans/peas briefly in this liquid. Drain and cut into long thin strips (julienne strips).
  3. In a large frying pan, heat salad oil. Cut pepper and onions into small pieces and sauté. Add the green beans/peas. Next add the drained tofu. Stirring constantly, cook till all liquid has evaporated. Season with sugar and continue cooking for about 2 min.
  4. Serve hot.
- Serve as scrambled egg

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\*Green cowpea could be used as a substitute for the green beans/peas.

## 25. Tofu omelet

### Ingredients

354 g tofu  
30 g white onion  
20 g parsley  
12 g salad oil  
70 g ground pork  
4 g salt  
2 g curry powder  
24 g tomato ketchup  
4 eggs  
200 g boiled and buttered potatoes/yam  
120 g tomato

### Method

1. Wrap the tofu in a clean towel and allow to stand, lightly weighted, in a colander to drain. Crush finely.
  2. Mince the onion and half of the parsley.
  3. Heat the salad oil in a frying pan. Sauté the minced onion till translucent. Add ground pork and minced parsley. Continue sautéing till the meat changes color. Add tofu, salt, curry powder, and tomato ketchup. Stirring constantly, simmer till done. Remove from the pan and cool slightly.
  4. Break the eggs in a bowl and add to the meat and tofu mixture.
  5. Fry a quarter of the mixture in omelet form. Repeat with the remaining ingredients to make a total of four omelets. Serve garnished with boiled and buttered potatoes or yam, tomato wedges, and parsley.
- Serve as egg omelet

## 26. Tofu in peppery beef sauce

### Ingredients

300 g tofu  
100 g beef (or any type of meat)  
30 g pepper  
14 g soybean/vegetable oil  
20 g soysauce  
18 g water/beef stock  
6 g ginger  
4 g garlic  
6 g cassava starch  
4 g salt

### Method

1. Dip tofu into 3 cups boiling water. Remove. Cut into cubes (1 cm sq) and drain in a colander.
  2. Cut ginger into thin slices, cut garlic clove into two. Split peppers, discard the seeds, and chop finely.
  3. Heat soybean/vegetable oil in a large frying pan. Sauté the ginger and garlic. When oil is flavored, remove ginger and garlic and discard.
  4. Put chopped pepper and ground beef into the flavored oil. Stirring constantly, sauté ingredients.
  5. When the meat is browned, add salt and water/stock. Bring to boil.
  6. Add the tofu and mix thoroughly.
  7. Add the soysauce.
  8. Finally, stir in the cassava starch dissolved in 2 teaspoonfuls water. Cook till the mixture is thick and clear. Serve immediately.
- Serve with bread or yam

## 27. Yuzen sauce tofu

### Ingredients

500 g tofu  
150 g white-fleshed fish  
20 g green beans  
40 g carrots

### Seasoning A:

22 g corn starch  
4 g salt  
2 g soysauce

### Seasoning B:

54 g fish stock  
Dash of salt

### Topping:

130 g fish stock  
12 g wine  
6 g soysauce  
4 g corn starch  
Dash of salt

### Method

1. Bone the fish thoroughly and pound it to a paste in a mortar.
2. Dip the tofu briefly in 5 cups of boiling water. Drain and squeeze, wrap in a clean cloth. Add seasoning A to fish paste. Blend thoroughly and force through a sieve. Add the tofu and pass through a food processor (homogenizer).
3. String and parboil the green peas/beans. Cut them into diagonal slices.
4. Peel carrots. Cut into short julienne strips.
5. Pour seasoning B into a small saucepan. Add carrots and simmer till they are tender. Add the string beans and cook for a few minutes and drain.
6. Combine mixture with the tofu mixture. Pour the resulting mixture into a rectangular mold and steam in a steamer for 20 min.
7. Pour all the topping ingredients except the cornstarch into a saucepan. Bring to boil. Dissolve the cornstarch in 4 g of water, add to the topping ingredients, and cook till the sauce is thick and clear.
8. Remove the steamed tofu from the mold, cut it into 4 equal parts, and arrange in individual serving dishes. Top each with the sauce.

*You can also top with tomato ketchup or stew made from oil, salt, and onion.*

## Annex

### Measurements used

cm	centimeter (s)
g	gram (s)
hr	hour(s)
min	minute(s)
4g	1 teaspoon
milk tin (evaporated milk)	175 ml
250 g tofu	1 block
14 g oil	2 tablespoons

*All recipes are for 4 people*