

CSA Package Contents:

- 1 lb Fresh Tofu
- 1 bag mixed salad greens
- 3 lb Yukon Gold potatoes
- 1 lb granola Krispie Treat or Spelt
- 1 quart Velvet View Yogurt
- 8 oz gouda cheese
- 1 whole chicken
- 1 pint frozen berries
- 1 quarter peck Goldrush apples

Tofu

What the heck is tofu anyway?

Tofu is bean curd. It is made in a very similar way to cheese. Tofu is made by coagulating soy milk and then pressing the resulting curds into soft white blocks. It is a commonly used product in many Asian countries. Tofu has a low calorie count, relatively large amounts of protein, and little fat. It is high in iron and, depending on the coagulant used in manufacturing, may also be high in calcium and/or magnesium. The tofu that we are using in your bags comes from Cleveland Tofu Company. It made in a kitchen that is downstairs from our warehouse, and uses locally sourced soybeans. It is a very fresh product and has a soft, crumbly texture.

What do you do with tofu?

Subtly flavored, it reminds me of fresh farmer's cheese. Because it is not overly flavorful on its own, it will absorb the flavors used to cook it, and the sauces used on top. The most common way to use tofu is in stir fry dishes. Stir fry veggies with tofu cut into chunks. It adds protein without meat, and will absorb the stir fry sauce that you choose. I like to make a mix of cornmeal and flour and coat the outside, then fry in oil to make it a little crispy on the outside before adding veggies to the stir fry.

There are a lot of other ways to use tofu. I have had it as a tofu cheesecake, scrambled like eggs, made into a type of sandwich salad (like egg salad), grilled, fried, baked-you name it. One customer puts a little into her smoothies to give them body and protein without any weird texture. It is very versatile. Both in the newsletter and online, you will find plenty of recipes for using this ingredient.

Goldrush Apples

Goldrush is a cross breed of varieties. They are long keeping apples that have a delicious sweet-tart taste. The name was given to reflect the golden color and a rich spicy rush of flavor that is the trademark of this variety. The skin of a goldrush apple is greenish-yellow

with occasional bronze to red blush at harvest (which turns to solid deep yellow in storage). Stored properly, this apple will stay crisp for months.



Ponte Vecchio Apple Fennel Risotto

Ingredients

2 tablespoons olive oil
 ½ cup diced onion
 1 cup diced fennel
 2 cups arborio rice
 ½ cup dry white wine
 2 medium goldrush apples
 3-4 cups apple juice or cider, heated, divided use
 ½ cup grated Parmigiano-Reggiano cheese
 Salt and pepper to taste

Preparation

Saute onion and fennel root in saucepan on medium heat and cook onions and fennel until vegetables are translucent. Add rice and stir with a wooden spoon until rice starts to stick to the pan. Add white wine and apples and stir until the wine is absorbed. Add 1/2 cup of apple juice and stir until absorbed. Repeat until risotto is cooked through (no longer chalky) but still with some al-dente texture.

Stir in the cheese, then salt and pepper to taste. Serve warm.

Adapted from Ponte Vecchio Ristorante, Cleveland.

Asian Slaw with Tofu and

Ingredients

1/4 cup reduced-sodium soy sauce
 2 1/2 tablespoons lemon juice
 1 teaspoon wasabi powder
 1 clove garlic, minced
 12 ounces tofu, drained and cut into 1/2-inch cubes
 4 cups lightly packed shredded napa cabbage
 2 cups lightly packed shredded bok choy
 2 tablespoons canola oil
 2 cups sliced shiitake mushroom caps

Preparation

Whisk soy sauce, lemon juice, wasabi powder and garlic in a medium bowl. Gently stir in tofu. Cover and marinate in the refrigerator for 15 minutes, stirring occasionally.

Place cabbage and bok choy in a large serving bowl.

Drain the tofu, reserving the marinade. Heat canola oil in a large skillet or wok over medium-high heat. Add mushrooms and sesame oil; cook, stirring often, for 2 minutes. Add the tofu; cook, stirring often, until the tofu is lightly browned, about 4 minutes.

Spoon the tofu mixture over cabbage. Add the reserved marinade to the pan and bring to a boil, stirring. Pour the hot marinade over the salad and toss gently to coat. Serve immediately.

Breakfast Smoothie

1 1/2 cups (12 ounces) plain yogurt
 3 to 4 bananas, peeled, cut into chunks
 1 pint frozen berries
 ½ cup tofu
 1/4 cup milk and ice as needed
 2 tablespoons honey

Gradually add all ingredients but the ice to the jar of a blender; puree until smooth. Slowly add enough ice to make the smoothie the texture that you prefer. Serve.

Tofu Scramble

Here is a basic recipe, but you can make all the variations that you might like. Try turnips, kohlrabi, sweet potatoes, or cabbage and an Asian style sauce.

Try Indian curry and potato. You can serve scrambles as a wrap or burrito, too.

Ingredients:

1 yellow onion, diced
 1/2 - 1 any color bell pepper, diced or sub sweet potato
 1-2 cloves of garlic
 0.5 to 1 cup diced turnips, kohlrabi, etc
 1 block tofu, drained and pressed
 2 tbsp oil or margarine
 1 tbsp soy sauce
 1/2 tsp turmeric or your favorite herb combo

Preparation:

Slice the tofu into approximately one inch cubes. Then, using either your hands or a fork, crumble it slightly.

Sautee onion, pepper, garlic, diced veggies and crumbled tofu in oil for 3-5 minutes, stirring often. Add remaining ingredients, reduce heat to medium and allow to cook 5-7 more minutes, stirring frequently and adding more oil if needed.