



Romy London

# tofu all the way

**10 delicious & easy tofu recipes**

Now with 5 BONUS recipes!



## *Hi Everyone!*

First of all, thanks so much for downloading my tofu ebook, you're awesome!

This guide is for everyone that has struggled making tofu taste great in the past and is yet to experience the pure indulgence that deliciously prepared tofu can be!

There are so many different ways to prepare tofu, I understand it can be pretty overwhelming when you don't know where to start. I hope this tofu recipe guide can be of help & that you'll too get to enjoy some tasty & tofu-licious dishes!

I'm a big lover of good tofu and over the last couple of years I've cooked a fair amount of tofu in our kitchen - and in a fair amount of different ways.

In this ebook I'm sharing a few of my favourite savoury tofu recipes and techniques with you - from KFC style tofu to crispy fried tofu - and I hope you'll enjoy these just as much as I do!

*Love, Romy*

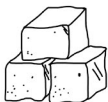
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# Quick Intro to Tofu



If you've ever visited the tofu shelves in a well-stocked supermarket or local health food store, you've probably realised there are different types of tofu, and if you're completely new to cooking with tofu, this might be rather confusing.

So, here's a quick guide to the most common types of tofu & what they're useful for. It's worth noting that all recipes in this book call for firm/extra-firm tofu, so you can stick to this type of tofu for the creation of all of these delicious tofu recipes (easy, right?)

## Silken tofu

Silken tofu is very delicate and heavy, it has a smooth and "silky" appearance and is way softer than any firm block tofu. It requires very gentle handling because the high moisture content means that it falls apart easily.

Best for: soups, such as miso soup, pureed into mousse and puddings, vegan cheesecake, sauces and dips, egg substitution.

## Soft tofu

Soft tofu has been pressed for the least amount of time of all the block tofus. This smooth block still has texture when broken up and it easily breaks with mild handling. It is very delicate and very similar to jelly, with a mild flavour. Because it has a high water

content, soft tofu is not recommended for shallow-frying, but battering and deep-frying - a method that fully envelops the cubes - produces wonderfully tender nuggets! Best used: pureed, boiled or deep-fried

## Medium-firm tofu

Medium-firm tofu has a rougher texture than soft tofu and it easily cracks with handling. Medium-firm tofu easily breaks up during stir-frying or pan-frying, as it contains a moderate moisture content. It's a great choice for dishes that don't require much manipulation to the tofu itself, such as simply braising or boiling.

Best for: braising, battering, deep-frying, baking

## Firm/Extra Firm

The perfect tofu to cook these recipes with! It holds a great and firm texture that you can easily transform into delicious dishes. Firm tofu can be easily sliced, chopped and torn apart. It can also be frozen and thawed, pan-fried, grilled, coated and deep-fried. When it comes to recipes, this type of tofu gives you the most flexibility.

## Smoked/flavoured

Smoked and flavoured tofu tastes great uncooked and either cubed or sliced. It usually comes with a denser, chewy texture and it's great on bread or in buddha bowls.

Best for: raw, sandwiches, salads





# Crispy Fried Tofu

## Ingredients

- 1 pack extra-firm tofu (280g)
- 3-5 tbsp cornflour
- 2 tsp garlic powder (optional)
- oil for frying (rapeseed or olive oil)



For this basic recipe to work out, it's vital that you use extra-firm tofu!

## Equipment



- tofu press, alternatively a clean kitchen towel and two chopping boards + something to weigh one down
- bowl
- non-stick frying pan



Add sauces to your crispy fried tofu or serve them with salads, buddha bowls and Co.

## Method

- 1** Drain the tofu and add it to your tofu press for a minimum of 30 minutes (or up to 2 days, keep in the fridge). If you don't have a tofu press, you can press your tofu wrapped into a clean kitchen towel in between two chopping boards. Place something heavy onto the top board to weigh it down and allow it to gently and slowly press the tofu.
- 2** Use your hands to rip the tofu into bite-size chunks. Doing this by hand creates more interesting shapes and textures as well as more surface on your tofu to become crispy.
- 3** Heat your oil in a non-stick frying pan on medium/high heat. You need to use enough to keep the bottom of the pan oily.
- 4** Drop your tofu chunks into a bowl of cornflour & garlic powder and generously coat them.
- 5** Place the tofu chunks in the hot oil in a single layer. Reduce the heat to medium after 1 minute and manually flip your tofu chunks once they become crispy on the bottom (use chopsticks to make this easier!).
- 6** Once crispy on all sides, drain the tofu chunks on a piece of paper towel.

# Lemon & Herb Tofu Pasta



Make this delicious recipe from scratch. This recipe has a total cooking time of 30 minutes.



Serves: 2



Prep : 15.00



Cook : 15.00



Total: 30 mins

## Method

- 1 Start by creating the crispy fried tofu (page 2).
- 2 In the meantime, cook your pasta according to the packaging instructions and thoroughly combine all ingredients for the sauce in a small bowl.
- 3 Once your tofu is crispy, add the frozen peas to the pan and cook for 1 minute, then add your sauce to the pan. Reduce the heat to low and allow it to cook whilst you stir continuously for 1 minute.
- 4 Add in the cooked pasta, take the pan from the heat and continue to gently stir to combine everything.
- 5 Season to taste with sea salt, black pepper and nutritional yeast & enjoy!

## Ingredients

- 150g short pasta
- a handful of frozen peas
- season to taste with salt & pepper & nutritional yeast

For the crispy fried tofu:

- 280g tofu, extra firm
- 3-5 tbsp cornflour
- 2 tsp garlic powder (optional)
- oil for frying (rapeseed or olive oil)

For the sauce

- 2 lemons, juiced
- 1 garlic clove
- 1 yellow onion, shredded
- 2 tbsp sunflower oil
- 3 tbsp apple cider vinegar
- 1 bunch of parsley
- ¼ tsp sea salt
- ½ black pepper
- 1 tsp cornflour





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## Ingredients

- 1 pack of extra firm tofu
- toasted sesame oil to fry
- 200g of your favourite stir fry veggies (I love broccoli & carrots)
- rice or noodles + spring onions & sesame seeds to serve

For the sauce

- 3 tbsp tamari soy sauce
- 2 tbsp maple syrup
- 2 cm fresh ginger, diced
- 2 cloves of garlic, finely diced
- ¼ tsp chili powder
- 3 tbsp water
- 1 tbsp cornflour

## Equipment



- non-stick frying pan
- bowl

## Tofu Teriyaki



Serves: 2

### Method

- 1 Follow the steps for creating crispy fried tofu (page 2).
- 2 In a small bowl, combine all of the ingredients for the sauce. Add in the cornflour last and use a whisk to evenly dissolve it in the liquids.
- 3 Prepare your favourite vegetables as you desire, then add the teriyaki sauce to a pan over medium heat alongside the rest of the ingredients including the crispy fried tofu.
- 4 Continuously stir as the sauce begins to thicken and take off the heat after a minute. Serve with rice or noodles, vegetables and sprinkle with sesame seeds and spring onions.



# Grilled Tofu with chilli yoghurt

Serves 2



## Ingredients

 Serves: 2

- 1 pack extra-firm tofu (280g)
- salt & pepper
- olive oil
- your favourite veggies to grill

For the sauce

- 5 tbsp coconut yoghurt
- 1 tbsp sriracha (or your favourite chilli sauce)
- 2 tsp apple cider vinegar
- salt & pepper to taste

## Equipment



- griddle pan or home grill
- bowl

## Method

- 1 Drain your tofu and gently press out any excess water. Cut the tofu into large rectangular 'steaks' of about 0.5-1 cm thickness. Brush both sides with a little oil & place your tofu onto your grill.
- 2 Flip once the bottom is crisping up and once fully cooked, remove the tofu from the heat. Season to taste with salt & pepper.
- 3 To create the sauce combine the coconut yoghurt, sriracha and vinegar, then season it to taste with salt & pepper.
- 4 Serve with grilled vegetables & salad or rice.

★ If grilling your tofu on a BBQ, make sure to use foil to wrap your tofu in and sufficient oil to ensure the tofu doesn't get cooked onto the foil.

# Tofu Katsu Curry

## Ingredients

- 280g tofu
- 5-6 tbsp panko breadcrumbs
- oil to fry & rice to serve with

For the flour mix:

- 4 tbsp plain flour
- 2 tsp curry powder
- 100ml plant milk

For the sauce

- 1 shallot or small yellow onion, cooked
- 2 carrots, cooked
- 1 tbsp curry powder
- 1 tsp garam masala
- 2 garlic cloves
- 1 tbsp plain flour
- 350ml vegetable stock cube
- 2 tbsp coconut cream
- salt & pepper to taste

## Equipment



- 2 bowls
- frying pan
- blender
- oven (optional)



- 1 Start by draining the tofu and pressing out as much liquid as possible. Cut your tofu lengthwise into 'steaks' of about 1cm thickness.
- 2 Prepare the flour mix in one bowl and place the panko breadcrumbs into another bowl. Pre-heat a little oil in a non-stick frying pan.
- 3 Dip all your tofu steaks into the flour mix, let them gently drip off any excess and then gently coat them in the breadcrumbs. Place them in your frying pan and fry them until golden on both sides. Be gentle with them and move them as little as possible once they're in the pan. Place them in the oven to keep them warm at a low heat, whilst you're preparing the Katsu sauce.
- 4 For the sauce, cook the onion in a little oil until softened. Cook or steam the carrots until soft, then combine all sauce ingredients in a blender and blend until smooth.
- 5 Serve your katsu sauce with the tofu steaks and rice.











# KFC Style Tofu

## Ingredients

- 280g extra-firm tofu
- 5 tbsp panko breadcrumbs
- rapeseed oil to deep fry (enough to completely cover the tofu chunks)
- sriracha to serve

For the wet mix

- 3 tbsp flour
- 150ml plant milk
- 2 tbsp sweet paprika powder
- 1 tsp onion powder
- ½ tsp fine sea salt
- 1 tsp dried sage
- 1 tsp ground oregano
- 1 tsp dried basil
- 1 tsp dried marjoram
- 1 tsp garlic powder
- 1 tsp ground allspice
- 1 tsp chili powder
- 1 tsp ground black pepper

## Equipment



- oven
- 2 bowls

## Method

- 1** Drain your tofu and gently press out any excess water. For best results press your tofu in a tofu press for 30 minutes.
- 2** Use your hands to rip the tofu into bite-size chunks.
- 3** In a bowl, combine all ingredients for the wet mix and whisk until smooth. Place the panko breadcrumbs into a separate bowl and heat the rapeseed oil in a saucepan.
- 4** Dip the tofu pieces into the wet mix first, let it gently drip off any excess, then coat in the breadcrumbs before adding it to the hot oil.
- 5** Fry each piece for 1-2 minutes or until golden. Fry in batches until all chunks are cooked.
- 6** Serve with sriracha.

# Pan Fried Balsamic Tofu



## Ingredients

- 150g brown rice
- 280g extra firm tofu
- 3 tbsp balsamic glaze
- 5 tbsp soy sauce
- 3 garlic, minced
- ½ yellow onion, sliced
- 1 red pepper, sliced
- 10 pak choi leaves
- 1 tsp toasted sesame oil
- salt & pepper to taste
- a little oil for frying

## Equipment



- 1 frying pan or wok
- 1 frying pan
- rice cooker or saucepan with lid

## Method

- 1** Prepare your brown rice according to packaging instructions.
- 2** Drain and slice the tofu into 'steaks' roughly 1-1.5cm thick. Prepare the marinade by mixing the balsamic glaze with soy sauce and minced garlic. Pour the sauce over each tofu steak and let them marinate whilst preparing the rest of the dish.
- 3** Slice each pak choi leaf down the middle, then thinly slice red pepper and onion.
- 4** Place a wok or large frying pan over a high heat, and fry the crushed garlic in a little oil until golden. Add onion and red pepper and stir fry for roughly 5-7mins. Add the pak choi leaves along with 1 tbsp of soy sauce and sesame oil and cook for another 5 mins. Season to taste with salt & pepper.
- 5** In a separate pan on medium heat, add a little oil and pan fry the tofu steaks, flipping over so each side is nice and crispy.
- 6** Once rice is cooked, serve with the stir fried vegetables and tofu steaks.



# Spicy Tofu Nuggets

## Ingredients

- 280g extra firm tofu

For the coating

- 4 tbsp tomato ketchup
- 2 tbsp sriracha hot sauce
- 4-5 tbsp breadcrumbs

For the dip

- 4 tbsp soy yogurt
- juice of half a lemon
- 1 tbsp apple cider vinegar
- salt & black pepper
- a handful of fresh parsley, finely diced

## Equipment



- bowl
- oven
- serving dish
- non-stick parchment or silicone baking mat

## Method

- 1** Preheat your oven to 180C.
- 2** Start by draining your tofu and gently pressing out as much liquid as possible. Cut the tofu into 1cm thick 'steaks', then use your fingers to gently pull the steaks into your desired nugget shapes. You can, of course also cut them to size, however an irregular shape will create a more interesting texture for your nuggets!
- 3** In a small bowl, combine the tomato ketchup and sriracha, dip all of your tofu nuggets into the mix to evenly coat them. If your ketchup is too thick, simply add a spoonful of water to the mix. Coat the nuggets in the breadcrumbs after and place them on your baking tray.
- 4** Bake your nuggets in the oven at 180C for about 20-25 minutes or until golden.
- 5** In the meantime, whip up your dip and simply combine the ingredients in a small bowl.
- 6** Serve your nuggets hot with the dip alongside & enjoy!



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# Beer Battered TOFISH & Chips

## with vegan tartar

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### Ingredients

- 1 block of extra firm tofu (280g)
- 1-2 large nori sheets
- frying oil

For the flour mix:

- 100g plain flour
- 1/2 tsp sea salt
- 2 tsp dried dill
- 2 tbsp crushed nori sheets (or nori sprinkles)

For the batter

- 125g flour
- 1 tsp fine sea salt
- 1/2 tsp turmeric
- 2 tbsp pickle brine
- juice of half a lemon
- a couple of tablespoons of beer (go for a vegan friendly pale ale!)

For the vegan tartar sauce

- 100g vegan mayonnaise
- 2 tbsp fresh dill, finely chopped
- 1 finely diced pickle
- 1 tbsp pickle brine
- juice of half a lemon
- 1 tsp maple syrup
- half of a shallot or small onion (finely diced)
- 1/2 tsp black pepper
- sea salt to taste

### Equipment



- deep saucepan
- tongs
- 3 bowls

### Method

- 1** Drain your tofu and gently squeeze out any excess liquid. Cut up your tofu into your desired 'fish' shapes. I have chosen to slice my tofu block along the long side to end up with larger 'steaks'.
- 2** Fill a deep saucepan with frying oil (I use rapeseed) and heat it slowly over low/medium heat. Don't be impatient here or your oil will burn if you heat it too quickly. My stove ranges from 1 to 9 and I usually use 4-6 to heat my oil.
- 3** Whilst your oil is heating, prepare your flour mix and batter. Simply combine the ingredients in 2 separate bowls. Test that your oil is hot enough by dropping a small spoonful of batter into the oil. If it instantly fries and bubbles, you're ready to continue.
- 4** Wrap your tofu 'steaks' tightly in nori sheets. Use a little water to seal the sheet around your tofu, then dip the tofu into your flour mix to gently coat. Afterwards, dip the tofu into the batter and let any excess gently drop off.
- 5** Carefully drop your tofu into the hot oil and let it fry until crispy and golden. Remove it carefully with a pair of kitchen tongs. Repeat until all your tofu steaks are done, but don't overcrowd the pan to avoid your tofish sticking together.
- 6** Whip up the vegan tartar sauce by combining all ingredients in a small bowl.
- 7** Serve your tofish alongside chips & vegan tartar sauce & enjoy!



# Nourishing Tofu Soup




## Ingredients

- 1 pack of tofu
- 1 tbsp toasted sesame oil + extra oil to fry
- 3 cloves of garlic, crushed
- 2 tbsp miso paste
- 2 tbsp tamari soy sauce
- 1 large carrot, chopped julienne
- a handful of baby corn & mangetout, roughly chopped
- 1.5 litre vegetable stock
- 1 tbsp sriracha (optional)
- 3 spring onions, chopped
- salt to taste
- rice noodles or ramen noodles
- fresh lime, coriander & sesame seeds to serve

## Equipment



- non-stick frying pan
- large saucepan

 (2-3 portions)

## Method

- 1** Drain your tofu and gently press out any excess water. Using a sharp knife, cut the tofu into rectangles of about 1cm thickness. Add a little toasted sesame oil to a non-stick frying pan over medium/high heat and fry the tofu lightly crispy on both sides.
- 2** To a large saucepan add 1 tablespoon of toasted sesame oil alongside the crushed garlic. Whilst heating up to medium/high heat, add in the miso paste and swirl it around in the pan to break it down.
- 3** Add in the carrots, baby corn and mangetout and cook for 2-3 minutes before adding in the tamari soy sauce, stock and sriracha. Reduce to a low/medium heat and let the soup simmer for 25-30 minutes.
- 4** Place the fried tofu into the soup, and place the noodles in last. If you're creating this recipe as a meal prep, then place the noodles into the hot soup before serving.
- 5** Serve with fresh lime juice, coriander and sesame seeds.






# Teriyaki-Style Tofu Udon



## Ingredients

- 1 pack tofu (400g)
- 60 ml mirin (rice vinegar)
- 60 ml tamari soy sauce
- 60 ml sake
- 2 tbsp brown sugar
- 400g udon noodles
- 2-3 tbsp peanut oil
- 3-4 tbsp cornflour
- 60g edamame beans
- 1 head pakchoi
- sesame seeds, spring onions and chilli oil to serve

 (2-3 portions)

## Method

- 1** Drain your tofu and gently press out any excess water. Using your hands, rip the tofu into bitesize pieces and coat them generously in cornflour. Heat 2 tbsp peanut oil in a non-stick pan and fry the cornflour coated tofu until crispy on all sides. Add more oil as necessary, then set aside.
- 2** To a small saucepan add the mirin, tamari, sake and brown sugar. Heat over a low heat and stir to dissolve the sugar in the liquids. Simmer on a lot heat for 10-12 minutes. In the meantime, cook your udon noodles according to packaging instructions.
- 3** Create a slurry from about 1 tsp leftover cornflour and 1 tbsp water and add it to the sauce. Stir whilst the sauce thickens over low heat, then set aside.
- 4** Place the edamame beans and pakchoi into the large frying pan over medium heat, then add the drained udon noodles, tofu and sauce. Stir to evenly coat everything in the sauce.
- 5** Serve with a sprinkle of sesame seeds, spring onions and a drizzle of chilli oil.

## Equipment



- non-stick frying pan
- small saucepan









# Sticky Sweet Ginger Tofu

## Ingredients

- 400g extra-firm tofu, drained
- 2-3 tbsp cornflour
- 1 tbsp sesame oil
- 30g ginger, finely grated
- 1 tbsp sesame oil
- 2 cloves garlic, crushed
- 100g carrot, finely diced
- 1 shallot, finely diced
- 60ml soya sauce
- 2 tbsp mirin
- 1 tsp cornflour
- white rice to serve
- sesame seeds & spring onions to garnish

## Equipment



- non-stick pan
- saucepan

## Method

- 1** Drain your tofu and gently press out any excess water. Cut or rip your tofu into bite-size chunks and generously coat in cornflour.
- 2** Heat the sesame oil in a non-stick pan and fry your tofu chunks until crispy all around, then set aside.
- 3** In the meantime, cook your rice according to packaging instructions and heat the remaining sesame oil in a saucepan. Add in the freshly grated ginger and crushed garlic and cook for 2 minutes.
- 4** Add in the finely diced carrots and the shallot and drizzle in the soya sauce and mirin. Cook on low heat for a few minutes until the carrots are soft.
- 5** Mix the cornflour with a little water & add. Heat for 1-2 minutes to thicken. Toss in the tofu to coat & serve with rice. Garnish with sesame seeds & spring onions.





# Tofu Satay Skewers



## Ingredients

- 400g extra-firm tofu
- 2 tbsp smooth peanut butter
- 1 tbsp mirin
- 1 tbsp tamari soy sauce
- 2 tbsp water
- 1 tsp toasted sesame oil
- 1/2 tsp cornflour
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp smoked paprika powder
- 1/4 tsp chilli flakes
- 3-4 tbsp sesame seeds

## Equipment



- 1 non-stick frying pan
- skewers
- a little oil to fry

## Method

- 1** Drain and press your tofu for 30 minutes, then cut it into bite-size cubes. If you're using wooden skewers, then soak them in water at the same time.
- 2** In the meantime, combine all the ingredients for the sauce apart from the sesame seeds in a small bowl. Use a fork or a whisk and mix until the sauce is smooth.
- 3** Place the sesame seeds onto a small plate, then pierce the tofu cubes onto the skewers and brush them with the satay sauce. Press each side of the skewer into the sesame seeds until evenly coated.
- 4** Heat a little frying oil in a non-stick pan and fry the tofu skewers until golden on all sides. Handle them carefully!
- 5** To serve, drizzle the skewers in the remaining satay sauce and sprinkle with chilli flakes.







# Tofu Bacon

## Ingredients

- 400g extra firm tofu
- oil for frying

For the marinade

- 3 tbsp tamari soy sauce
- 1/2 tsp paprika powder
- 1/2 tsp garlic powder
- 2 tbsp nutritional yeast
- 1/2 tsp liquid smoke
- 1/2 tsp ground black pepper
- 1 tbsp maple syrup

## Equipment



- bowl
- non-stick frying pan
- tofu press
- lined baking tray (optional)

## Method

- 1** Drain and press your tofu for a minimum of 1 hour.
- 2** Combine the ingredients for the marinade in a small bowl and cut the pressed tofu into thin slices (2-3 mm thickness) and place them inside the marinade for 1 hour. When removing them from the marinade allow for a little excess marinade to drip off.
- 3** Heat 2-3 tablespoons of vegetable oil in a non-stick frying pan, then place the tofu slices into the hot oil in a single layer. Fry the slices evenly on both sides until golden and the edges begin to crisp.
- 4** To crisp up the tofu bacon (if you like it crispy!), place the slices onto a lined baking tray in the pre-heated oven at 160C (320F) for 10-12 minutes.
- 5** Enjoy the tofu bacon on it's own, on a sandwich or as part of a delicious vegan fry up.



# Tofu Drumsticks



## Ingredients

- 400g extra-firm tofu
- 1 tsp smoked paprika
- 2 tbsp tomato ketchup
- 1/4 tsp black pepper
- 1 tbsp tamari soy sauce
- 1/4 fine cornmeal (polenta)
- 2 tbsp fine breadcrumbs
- 2 tbsp panko breadcrumbs
- 3-4 rice paper sheets

For the coating

- 2 tbsp tomato ketchup
- 1-2 tsp hot sauce
- 1 tsp tamari
- 1 tsp dried oregano
- 1/2 tsp dried basil
- 1/4 tsp sage
- 1/4 tsp thyme
- 1/4 tsp salt

## Equipment



- 6-8 wooden ice pop sticks

## Method

- 1** Place the tofu into a large bowl and crumble the tofu into fine chunks.
- 2** Add the paprika, ketchup, pepper, tamari, cornmeal and fine breadcrumbs and combine it with the tofu into a thick paste and set it aside for 10 minutes to thicken.
- 3** Take a handful of the tofu mix, and firmly press it onto an ice pop stick, then place it in the freezer for 30 minutes. Repeat until all drumsticks are in the freezer.
- 4** In the meantime, combine all ingredients for the coating in a small bowl and preheat your oven to 190C (375F).
- 5** Remove the sticks from the freezer and cut each rice paper in half. Coat the rice paper in water and once it softens, wrap a half around each drumstick including the pop stick. Brush with the sauce and coat with panko breadcrumbs.
- 6** Place the drumsticks into the oven and bake for 12-15 minutes until crispy and golden.







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# Thank you!

I hope you enjoyed this ebook and that you are now inspired to create some delicious tofu dishes in your own kitchen! I want to thank you all from the bottom of my heart for your incredible support - I read all your wonderful messages and comments and wouldn't be doing what I do without you. This ebook is for YOU and I really hope that you enjoy it and find all my tofu tips helpful.

## Tag me

Let me know which of the tofu recipes are your favourites and please tag me in your creations: @romylondonuk  
I can't wait to see them!

