



**Humane  
World for  
Animals™**

Formerly called the Humane  
Society of the United States and  
Humane Society International



**Super Firm**



**Extra Firm**



**Firm**



**Regular**



**Silken**



# Tofu preparation tips

## How to choose the right tofu

*Super firm, extra firm, firm and regular*, are usually sold in plastic containers and refrigerated. Commonly used in stir-fry's, baked or grilled dishes, tofu scramble, sandwiches etc.

*Silken tofu*, is often sold in shelf-stable boxes that do not require refrigeration.

Though silken tofu is much more delicate than other types of tofu, it can also be found in consistencies ranging from soft to extra firm. It does not require pressing and is best used for smoothies, sauces, desserts etc.

## What is tofu?

Tofu is made from soybeans, is high in protein and fiber. It's a low-fat, low-sodium and cholesterol-free superfood. Like other protein foods, it absorbs the flavors of marinades, spices, and other ingredients. when cooked.

## Types of tofu

Tofu is often found in different presentations from super firm to silken.



## How to prepare tofu

**1. Open and drain tofu.** All types of tofu require draining except silken tofu.

**2. Press tofu.** Use either the simple method or the food service method.

**Simple method:** Wrap the drained tofu in towels, place it between plates, and weigh it down with a heavy object. Let sit for 15-30 minutes.

**Food service method:** Place the tofu in a perforated hotel pan nested inside a regular hotel pan. Add another hotel pan on top and weigh it down with two #10 cans or heavy pots/pans. Let sit for 15-30 minutes.

**3. Optional: Freeze tofu for better texture.**

Freezing tofu and then thawing it creates a sponge-like texture, making it easy to remove excess water and allowing it to absorb flavors more effectively.

Place the tofu (in its package) in the freezer overnight. When ready to use, defrost in the refrigerator for 24 hours or submerge it in warm water for at least an hour, changing the water as needed.

**4. Drain after freezing.** Once defrosted, open and drain the tofu.

**5. Cook the tofu.** Marinate or season as desired. Cook by baking, frying, grilling, air-frying, or steaming. The possibilities are endless.