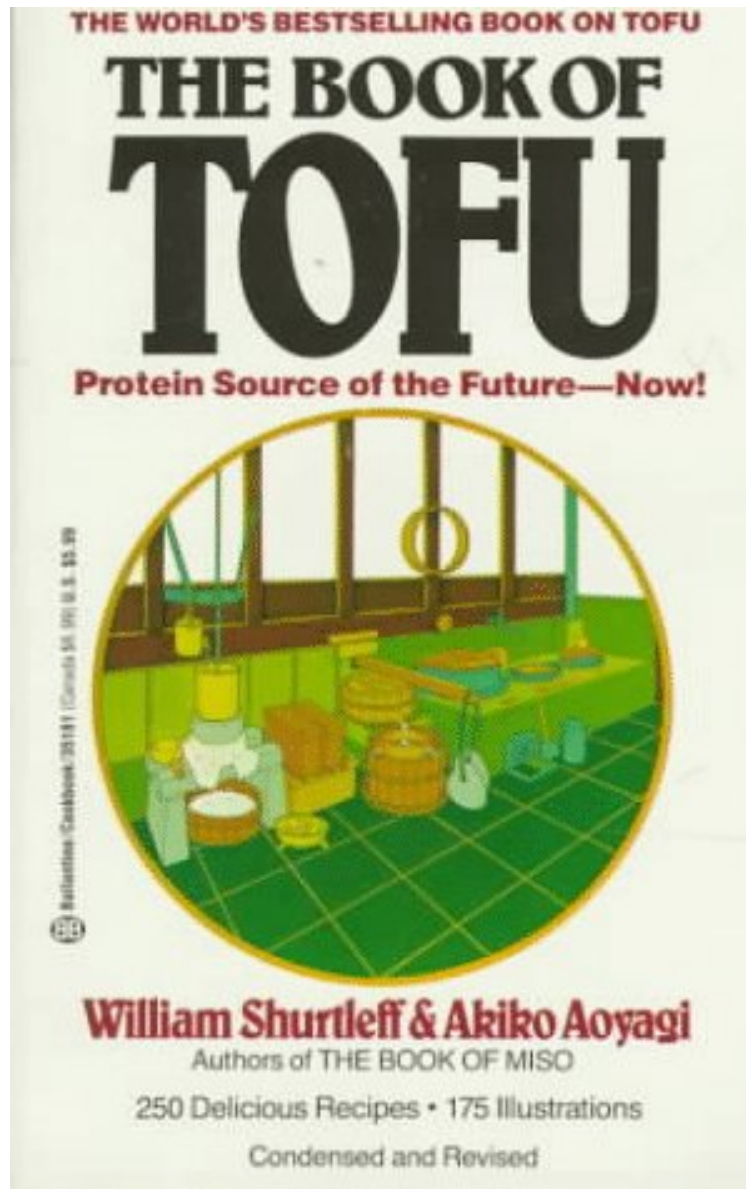


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## The Book of Tofu: Protein Source of the Future--Now!

*William Shurtleff*

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**William Shurtleff : The Book of Tofu: Protein Source of the Future--Now!** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Book of Tofu: Protein Source of the Future--Now!:

0 of 0 people found the following review helpful. Not really what I was looking for, but if ...By Luciadelv Not really what I was looking for, but if you need information about how tofu is made and the history behind it, this would be the book for that--not for recipes. 8 of 9 people found the following review helpful. Where's the index? By C. Henry This

book seems to be a compilation of two other books, namely one on miso and one on tofu. However, the publisher didn't see fit to re-tool the book, with the result that a directive in the book for a page number (e.g. see p. 54 for this or that) doesn't match up with the actual page number in the book itself. And the index is no help either, as the page numbers there don't match up with the actual pages. The book is okay if you're interested in the manufacture of these two products, but the recipes are a little too far-ranging and odd for my taste. 1 of 1 people found the following review helpful. This is an excellent resource. I've started making my own tofu. There is just no comparison between homemade and commercial products I have tried.

The book that launched the tofu revolution is back in a beautiful new package, including over 500 tempting and original recipes from the East and West—from traditional Japanese Five-Color Sushi Rice with Tofu to heart-healthy Grilled Tofu with Korean Barbecue Sauce to hints on making your own flavored Tofu Burgers. An all-in-one reference, this book covers the production of tofu and other soy products, Asian cooking techniques and equipment, and much much more. With over 350,000 copies in print, *THE BOOK OF TOFU* has been hailed by the *Vegetarian Times* as "an awesome book about the most incredible of foods"; by the *Washington Post* as "a seminal work"; and by the *New York Times* as the book that "awakened the West to the wonders of tofu." With over 300 illustrations and an extensive bibliography, you'll never be at a loss for how to prepare this perfect vegan protein.

**About the Author** WILLIAM SHURTLEFF and AKIKO AOYAGI spent their formative years on opposite sides of the Pacific, in California and Tokyo respectively. Bill and Akiko began collaborating in 1972, doing research and writing books about soyfoods. They worked together for six years in East Asia, mainly in Japan, studying with top soyfoods researchers, manufacturers, nutritionists, historians, and cooks. William is currently the director of the Soyfoods Center, which he and Akiko founded in 1976, and lives in Lafayette, California. A freelance illustrator and graphic designer, Akiko lives and owns her own art business in Walnut Creek, California.