

Try smoked
tofu at home!



Vegan Carbonara

30 MIN | 2 SERVINGS

You will need

200 g Yipin smoked tofu
250 ml oat milk
½ yellow onion
1 clove of garlic
1 tbsp flour
1 tbsp cooking oil
400 g dry pasta
salt and pepper

Finishing touches

vegan parmesan
fresh parsley

Steps to follow

1. Cook the pasta according to the directions on the package.
2. Meanwhile cut the smoked tofu into small cubes or narrow rectangles. Heat a frying pan with oil and cook the tofu until it begins to brown.
3. Finely chop the onion and add to the tofu, cooking until translucent. Add the garlic and flour and stir thoroughly.
4. Stir in the oat milk and let simmer. Season generously with salt and black pepper.
5. Toss the pasta with the sauce and top with parmesan and fresh parsley. Serve hot and enjoy your tofu carbonara!



Try smoked
tofu!



Vegan Caesar salad with smoked tofu

30 MIN | 2 SERVINGS

You will need

230 g Yipin smoked tofu
 3–4 tbsp cooking oil
 1 head of romaine lettuce
 150 g cherry tomatoes
 4 tbsp vegan mayonnaise
 1/2 tsp garlic powder
 1/2 tsp capers juice

Finishing touches

croutons
 parmesan cheese (optional)
 Salt and pepper

Steps to follow

1. Preheat oven to 200°C. Slice $\frac{3}{4}$ of the tofu into about 1 cm thick slices and place on baking sheet. Brush with oil and roast in oven for 15–20 minutes.
2. Chop the remaining $\frac{1}{4}$ of tofu into small cubes and fry on high heat with oil and salt.
3. Mix mayonnaise, capers juice, and garlic powder in a bowl. Season with salt and pepper to taste.
4. Chop the romaine lettuce and tomatoes. Grate the parmesan cheese (if using) and place in a salad bowl.
5. Add the chopped tofu and dressing and mix. Top with the roasted tofu. Voilà – you have now made a vegan Caesar salad!



Try herb-
marinated
tofu!

Tomato pasta with herb tofu

30 MIN | 2 SERVINGS

You will need

- 230 g Yipin herb marinated tofu
- 2 tbsp olive oil
- Handful of pine nuts
- 400 g crushed tomatoes
- 200 g cherry tomatoes
- 1 clove crushed garlic
- Salt and pepper
- 1 package pasta (tagliatelle)

Finishing touches

- Grated parmesan (optional)
- Roasted pine nuts
- Fresh basil

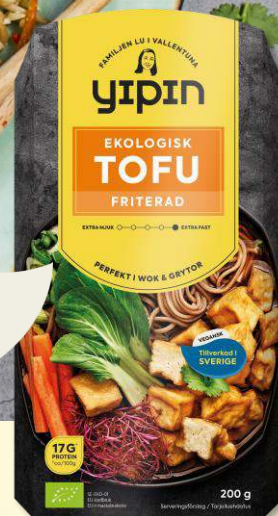
Steps to follow

1. Boil the pasta according to the instruction on the package, undercooking by 1-2 minutes to ensure al dente.
2. Cut the herb marinated tofu into about 1 cm thick slices. Fry or grill on medium heat in olive oil for 3-5 minutes, flipping halfway until crispy on each side. Remove the tofu and roast the pine nuts in pan.
3. Sauté the cherry tomatoes in olive oil with the crushed garlic. Add the crushed tomatoes and simmer for 10 minutes. Season with salt and pepper to taste.
4. Toss the pasta with the tomato sauce, stirring until fully coated. Serve the pasta topped with the herb marinated tofu, parmesan, fresh basil, and roasted pine nuts.





Try fried tofu
at home!



Vegan pad thai

30 MIN | 2 SERVINGS

You will need

- 230 g Yipin fried tofu
- 1 package rice noodles
- 2 cloves garlic, chopped
- 1 tbsp grated fresh ginger
- 1 tbsp Japanese soy sauce
- ½ tbsp sugar
- 1 tbsp oil
- 2 tbsp water
- 1 lime juiced
- 1 tbsp tamarind past (optional)
- 2 carrots
- 1 red chilli

Finishing touches

- Unsalted peanuts
- Fresh coriander

Steps to follow

1. Boil or soak the rice noodles according to the instructions on the package.
2. In a bowl mix the garlic with ginger, soy sauce, sugar, oil, water, lime juice and tamarind paste (if using).
3. Finely grate the carrots and heat a frying pan with a bit of oil. Fry the carrots until softened slightly. Add the tofu and fry on medium heat for about 3–5 minutes or until crispy and golden.
4. Finely chop chilli and add with the sauce to the carrot and tofu mixture and cook.
5. Add the cooked noodles into the mixture and toss to coat in sauce. Chop the peanuts, and coriander and sprinkle atop the vegan pad thai and enjoy!



Try silken tofu!



Vegan chocolate mousse

15 MIN | 4-5 SERVINGS

You will need

400 g Yipin silken soft tofu
150 g dark chocolate (70%)
2 tbsp agave syrup or honey
1 pinch of salt

Finishing touches

Vegan whipped cream
Dark chocolate crumbles (70%)
Hazelnuts, chopped

Steps to follow

1. Divide the chocolate into smaller pieces and melt in a double boiler or microwave.
2. In a food processor or blender, mix the tofu for about 30 seconds until smooth.
3. Add the other ingredients to the food processor and blend together with the melted chocolate until smooth.
4. Leave in the refrigerator for at least 2 hours. Serve in smaller bowls and top with whipped cream, chopped chocolate, and chopped hazelnuts or berries (preferably fresh raspberries!)



Try firm
natural tofu!



Crispy breaded tofu

20 MIN | 4 SERVINGS

You will need

400 g Yipin firm natural tofu
50 g (Maizena) corn starch
100 g panko bread crumbs
150 ml oat or vegan milk
50-100 ml cooking oil
Salt and pepper

Finishing touches

rice or couscous
sweet chilli sauce

Steps to follow

1. Cut the tofu into cubes and place the corn starch, panko, and oat milk in separate bowls. Add salt and pepper to the milk.
2. Dip each tofu cube into the corn starch, then the milk, then panko breadcrumbs. To double bread (optional) coat in milk and panko an additional time.
3. Heat a pan with enough oil to coat the bottom. Fry the tofu cubes on medium heat until golden and crispy, turning to cook evenly.
4. Serve your breaded tofu bites with sweet chili sauce and couscous or rice. Enjoy!



Vegan butternut squash soup

30 MIN | 4-6 SERVINGS

You will need

400 g Yipin silken soft tofu
1 butternut squash or pumpkin
3 carrots
1 yellow onion
2 cloves of garlic
Olive oil
500 ml of water
300 ml coconut milk
1 bouillon cube of vegetable broth
1 tbsp fresh ginger, grated
Salt and pepper

Finishing touches

chilli flakes
herbal crème fraîche
fresh thyme

Try silken tofu!



Steps to follow

1. Preheat oven to 200 ° C.
2. Peel and dice the butternut and carrots. Cut the onion into wedges, dice the garlic and combine all the vegetables on a baking sheet. Toss in olive oil and salt and pepper.
3. Roast in the middle of the oven for about 20 minutes or until the pumpkin is soft.
4. Boil the water, coconut milk, bouillon cube, and ginger.
5. Add all the wet ingredients and vegetables from the baking sheet into a blender with the silken tofu. Blend until smooth, adding more water if necessary. Season to taste with salt and pepper.
6. Serve topped with chilli flakes, fresh thyme and herbal crème fraîche. Serve and enjoy this creamy, tasty, vegan butternut pumpkin soup!



Try skagen
tofu spread!



Avocado with vegan shrimp spread

15 MIN | 4 SERVINGS

You will need

200 g Yipin tofuröra Skagen
(Swedish Shrimp tofu spread)

2 avocados
lemon

Finishing touches

lemon slices
dill
Seaweed caviar

Steps to follow

1. Core and divide the avocados into four halves. Slice the lemon.
2. Add a heaping spoonful of the Skagen spread to the avocado pit area.
3. Top with seaweed caviar, dill, squeezed lemon and a slice of lemon. Serve your decadent avocado with vegan Skagen spread and enjoy!

Tofu Guide

Tofu is a beloved product of Asia, dating back more than 2000 years in history. In its natural form, it is made from three ingredients: soybeans, water, and mineral salt. Tofu, however, is extremely versatile and we welcome you to discover the different flavours and textures.

For inspiration & recipes:
yipin.se/recept



Firm natural tofu

EXTRA SOFT ○ ○ ○ ● ○ EXTRA FIRM

Firm in consistency and absorbs plenty of flavour. Season, marinate, or bread and then fry or bake.



FRY



STEW



BAKE



SERVE COLD



Silken tofu

EXTRA SOFT ● ○ ○ ○ ○ ○ ○ EXTRA FIRM

Soft and smooth in texture. Good as a creamy base in sauces and cold stir-fries. Also works as egg substitute.



WHISK/BAKE



MIX



Fried tofu

EXTRA SOFT ○ ○ ○ ○ ● ○ ○ EXTRA FIRM

Diced, ready to fry and juicy with chewy bite. Attracts taste and works perfectly in stir fry or stews.



FRY



STEW



BAKE



SERVE COLD



Smoked Tofu

EXTRA SOFT ○ ○ ○ ○ ○ ● ○ EXTRA FIRM

Full-bodied smoky taste, perfect in a vegan Caesar salad or stroganoff. Serve as a spread on the breakfast buffet or directly in a sandwich.



FRY



STEW



BAKE



SERVE COLD

Tips! Roast tofu in the oven



Tofu can tolerate high temperatures well. Fry, grill or bake in the oven until browned. Use oils that can withstand high temperatures.

You will need:

Yipin extra firm tofu
Salt to taste
Rapeseed oil

What to do:

Preheat the oven to 200°C. Dice the tofu and mix with a little oil and salt then place on an baking sheet. Make sure each piece is in a single layer on the sheet for good baking exposure. Roast for about 20 minutes. Remove, and allow to cool slightly.