

Taifun 

TOFU NATUR

SILKEN TOFU

FETO NATURAL



VEGAN

TOFU

RECIPES



OUR PLAIN TOFU PRODUCTS



Soybeans, water and a coagulant – that's all it takes to make natural tofu.

Our **passion for tofu** and its flavour properties and consistency lets us bring forth products that are anything but simple. Quite the opposite: Natural tofu, fermented tofu and Silken Tofu can be prepared in a **wide variety of forms and flavours** in any kitchen. And soy products pack a powerful array of valuable protein, minerals and many essential amino acids to benefit the body.

Versatility is the essence of our tofu.



Taifun's soybean expert Kristina Bachteler and farmer Otmar Binder of Forchheim (near Freiburg), Germany.

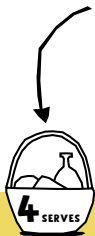
All of our tofu specialities are made from nutritious soybeans. These soybeans are grown under our own contract cultivation in southern and eastern Germany, Lower Austria, and the region of Alsace and department of Jura in France.

We know each of our farmers personally and often visit them in their fields. To promote the cultivation of regionally grown, GMO-free soybeans, we support the breeding of new varieties. We received the 2020 German Sustainability Award for these and other merits.



TOFU – A LOCAL PRODUCT

Putting tofu on our plates here at home – that was the vision that inspired Taifun's founders Wolfgang Heck and Klaus Kempff more than 30 years ago. Since then, we have produced our tofu specialities in Freiburg, Germany, and we now deliver to 11 European countries. Tofu produced according to traditional methods and translated to modern tastes is a food of the future! More and more people are firmly convinced of it.



SCRAMBLED TOFU WITH

SILKEN TOFU & SMOKED TOFU

- 1 pkg **Taifun Silken Tofu**
- 1 pkg **Taifun Smoked Tofu**
- 1 bunch spring leeks
- 6 small chestnut mushrooms
- 2-3 tbsp cooking oil
- 1 tsp salt & pepper
- 4 turmeric powder
- 6 slices of bread
- 6 radishes
- 6 cherry tomatoes (or other vegetables)
- 2 bunches fresh herbs such as dill, chives and parsley
- 1 tsp flaked sea salt

1. Drain the Silken Tofu in a colander or pour off excess water.
2. Cut the Smoked Tofu into cubes.
3. Cut the spring leeks into rounds and the mushrooms into thick slices.
4. Heat oil in a frying pan. Fry the mushrooms and Smoked Tofu for about 3 minutes until golden brown and crispy.
5. Add the spring leeks and fry for another minute.
6. Place the Silken Tofu, salt, pepper and turmeric powder in a bowl and mix until smooth. Add to the frying pan and gently stir at medium temperature for 2-3 minutes.
7. Arrange each slice of bread on a separate plate or board and top with scrambled tofu.
8. Garnish with radishes, cherry tomatoes and fresh herbs. Sprinkle with flaked sea salt and coarsely ground black pepper.

Scrambled tofu can be seasoned with other spices such as curry, cumin, paprika, garam masala, etc.

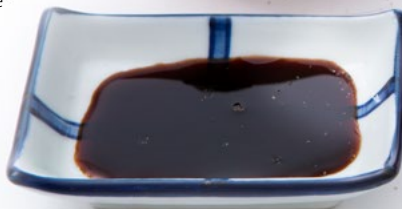




TOFU NATUR

PAN-FRIED CUBES

1. Pat the tofu dry and cut it into 1-cm cubes.
2. Toast the sesame seeds in a pan without oil. Set aside.
3. Fry the tofu cubes in oil over medium heat until golden brown on all sides.
4. Deglaze with soy sauce and continue cooking until the moisture in the pan evaporates.
5. Garnish with the toasted sesame seeds.
6. Serve with a leafy green salad, or add the fried tofu cubes to vegetable, rice or pasta dishes.
7. If used in stir-fried vegetables, add the tofu cubes after the vegetables have cooked. Deglaze the pan with vegetable bouillon.



1 pkg **Taifun Tofu natur**
(200 g)
3 tbsp cooking oil
5 tbsp soy sauce
2 tbsp sesame seeds



Try this recipe with toast-
ed sunflower seeds!



4 SERVES



1 pkg Taifun Tofu natur (200 g)
 500 g rice noodles
 2-3 tbsp neutral oil
 1 clove of garlic
 ½ bell pepper
 ½ bunch spring leeks, including tops
 1 lime
 100 g diced vegetables (such as green beans or carrots)
 chilli powder
 chopped peanuts
 chives

Marinade:
 1 tbsp palm sugar
 2 tbsp tamarind purée
 4 tbsp tamari (strong soy sauce)
 6 tbsp shoyu (mild soy sauce)

1. Soak the rice noodles in cold water for 15 minutes, and drain well.
2. Pour boiling water over the noodles and let soak for another 5 minutes. Drain, then rinse with cold water.
3. Toss the noodles with a little neutral oil to prevent sticking.
4. Mix all of the marinade ingredients until smooth and the sugar has dissolved.
5. Cut the Tofu natur into cubes. Heat oil in a wok or frying pan, and sauté the tofu cubes until golden brown.
6. Add the minced garlic and gently sauté a little longer.
7. Slice the spring leeks into rings and the bell pepper into strips. Add to the tofu along with the diced vegetables and a little oil, and stir-fry.
8. Add the cold noodles and briefly stir-fry. Pour in the marinade, stir well, and serve on plates.
9. Garnish with chilli powder, chopped peanuts and chives. Squeeze lime over the noodles.



TOFU NATUR

PAD THAI



1. Pat the tofu dry with kitchen paper. Cut it into slices of 2 cm, and then cut diagonally into triangles.
2. Mix the soy sauce, mustard, garlic powder, maple syrup and 1 tsp of olive oil into a marinade. Let the tofu marinate for at least 15 minutes, ideally overnight.
3. Preheat the oven to 220 °C upper/lower heat.
4. Dip the tofu in yeast flakes and distribute it on a baking sheet lined with baking parchment.
5. Slice the potatoes in half. Combine with 1 ½ tbsp of olive oil, 1 tsp of salt, the thyme and the polenta, and add to the baking sheet.
6. Cut the lemon into slices of 5 mm and distribute over the tofu. Roast for 20 minutes.
7. Wash the asparagus. Combine with 1 tbsp of olive oil and ½ tsp of salt. Add to the baking sheet. Move the lemon slices onto the asparagus and continue roasting for another 20 minutes.



1 pkg

Taifun Tofu natur
(400 g)

2 tbsp soy sauce
2 tbsp mustard
1 tsp garlic powder
1 tsp maple syrup
3 ½ tbsp olive oil
3 tbsp yeast flakes
500 g new potatoes
1 ½ tsp salt
1 tsp thyme, dried
2 tbsp polenta
1 lemon
500 g green asparagus

TOFU NATUR

ROASTED ASPARAGUS



DIPS

FETO NATURAL



Base recipe per dip:

1 pkg Taifun FETO Natural
salt & pepper
6 tbsp olive oil
3-4 tbsp soy milk or water

For lemon dip:

1-2 cloves of garlic
1 lemon (zest & juice)
2 tbsp herbs such as chives, dill
and flat-leaf parsley
1 pinch chilli powder

For paprika dip:

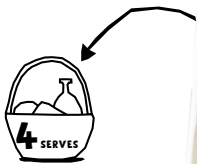
5 marinated sun-dried
tomatoes, finely diced
½ red bell pepper, finely
diced
1 ½ tsp Hungarian sweet paprika
1 tsp Herbes de Provence
½ tsp Espelette pepper
½ to 1 tsp red pepper flakes

For olive dip:

1 tsp Herbes de Provence
100 g black olives, finely
chopped
1 clove of garlic
1 tsp lemon juice

1. Cut the FETO into large cubes. In a mixing bowl, combine with salt, pepper, olive oil and soy milk (or water). Purée until smooth with an immersion blender.
2. For **lemon FETO dip**, stir in pressed garlic, lemon zest and juice, and chilli powder. Mince the herbs and stir into the dip. For **paprika FETO dip**, stir in the diced sun-dried tomatoes and bell pepper along with paprika, red pepper flakes and Herbes de Provence. Dust with a hint of Espelette pepper. For **olive FETO dip**, purée with Herbes de Provence. Then stir in the finely chopped olives, pressed garlic and lemon juice.
3. Season each dip to taste with salt and pepper.





For the marinade:

2 pkgs	Taifun FETO Natural
60 g	soy yoghurt
½ tsp	paprika
½ tsp	chilli powder
½ tsp	garam masala
1 tsp	coriander seeds, ground
1	clove of garlic, pressed
1 tsp	fresh ginger, grated
2 tbsp	coconut oil

For the curry:

1 tbsp	coconut oil
½ tsp	cumin seeds
½ tsp	cinnamon powder
3	large tomatoes
1	large onion
1 tsp	fresh ginger, grated
3	cloves of garlic
1 tsp	curry powder
½ tsp	chilli powder
1 tbsp	rice syrup
3 tbsp	soy yoghurt
1 tsp	salt

1. Mix all of the marinade ingredients except for the tofu and coconut oil.
2. Cut the tofu into cubes of 2 cm and combine with the marinade. Let the tofu marinate in the fridge for at least 30 minutes, ideally overnight.
3. Heat 2 tbsp of coconut oil in a pan and fry the marinated tofu for 2 minutes, until crispy. Remove from the pan and set aside.
4. Add 1 tbsp of coconut oil to the hot pan. Fry the cumin seeds and cinnamon at medium temperature for 20 seconds, stirring constantly.
5. Coarsely chop the tomatoes and onion and mince the garlic. Add these, the rest of the curry ingredients and 250 ml of water to the pan, bring to a boil, and simmer covered for 15 minutes at medium temperature, stirring occasionally.
6. Then purée till smooth. Add fried tofu to the sauce and simmer gently for 2 minutes.
7. Serve with basmati rice, garlic naan, and pickled onions and cucumbers.

FETO NATURAL

TIKKA MASALA





For the tomato sauce:

- 2 onions
- 2 cloves of garlic
- 800 g canned diced tomatoes
- 300 g cubed squash (such as butternut or Hokkaido)
- 2 tbsp olive oil
- 200 ml vegetable bouillon
- salt & pepper
- fresh thyme

For the béchamel sauce:

- 30 g margarine
- 30 g flour
- 100 ml vegetable bouillon
- 200 g oat drink or the like
- nutmeg
- salt & pepper

For the lasagne:

- 1 pkg Taifun FETO Natural
- 250 g lasagne sheets
- 2 small red beets
- 200 g squash
- 100 g fresh (or frozen) spinach

For the topping:

- 1 pkg Taifun FETO Natural
- 3 tbsp olive oil
- 2 tbsp Herbes de Provence
- 2 tbsp breadcrumbs
- 1-2 tbsp yeast flakes (optional)

1. For the tomato sauce, mince the onion and garlic and sauté in olive oil for 2-3 minutes.
2. Add the cubed squash and sauté a little longer. Add the bouillon, tomatoes and seasonings. Simmer covered at medium temperature for about 10 minutes.
3. For the béchamel sauce, melt the margarine in a pot. Stir in the flour and deglaze with bouillon and oat drink (or the like). Briefly bring to a boil and cook until thickened. Season with salt, pepper and nutmeg.
4. Crumble the FETO by hand. Peel the red beets and squash, and cut into thin slices.
5. In a large baking pan (approx. 30 x 40 cm), make layers: first tomato sauce, then a layer of pasta sheets, tomato sauce, squash, béchamel sauce, and FETO. Repeat with red beets instead of squash, and repeat again with spinach. Salt the vegetables to taste. Finish with béchamel sauce.
6. For the topping, crumble the FETO. Mix with the breadcrumbs, oil, Herbes de Provence and optional yeast flakes. Sprinkle over the lasagne.
7. Convection bake at 200 °C for 35-40 minutes until the pasta has softened.

FETO NATURAL

LASAGNE



FETO NATURAL

BBQ ROLLS



- 1 pkg Taifun FETO Natural
- 1 tsp BBQ rub with paprika, or Espelette pepper
- 1 aubergine
- 1 courgette
- 1 yellow or red bell pepper
- 1 pinch salt & pepper
- 4 tbsp olive oil
- 1 clove of garlic, finely diced
- 2-3 sprigs of rosemary and thyme, finely chopped
- zest of 1 lemon
- ½ tsp hot Hungarian paprika
- ½ tsp black pepper, coarsely ground



1. Blot the FETO dry with kitchen paper, cut into large cubes, and season it well with BBQ rub or Espelette pepper.
2. Thinly slice the aubergine and courgette lengthwise. Chop the bell pepper into large pieces.
3. Lightly salt the vegetables on both sides and let rest on a plate for about 20 min. Blot dry with kitchen paper.
4. Blend the olive oil, garlic, herbs, lemon zest, paprika and pepper to make a marinade.
5. Wrap each FETO cube in a vegetable strip and secure with a toothpick. Finish by spearing a piece of bell pepper.
6. For the fullest flavour, allow the FETO and vegetable rolls to marinate in the fridge for 2-3 hours before barbecuing. Season to taste with salt and pepper before serving.



Mango & passion fruit cream

1 pkg Taifun Silken Tofu
100 ml coconut milk
150 ml mango purée, made from a ripe mango
1 packet vanilla sugar
1 pinch cinnamon powder
4 tbsp mango purée or cubes as garnish

Strawberry & elderflower cream

1 pkg Taifun Silken Tofu
250 g strawberries
2 tbsp elderflower syrup
zest of 1 lemon
1 tbsp lemon juice
2 tbsp raw cane sugar
4 tbsp fruit sauce and fresh strawberries as garnish

Forest berries & lime cream

1 pkg Taifun Silken Tofu
250 g mixed berries (blueberries, blackberries and raspberries)
1 lime (zest & juice)
1 handful mint leaves, minced
2 tbsp raw cane sugar
4 tbsp fruit sauce and fresh forest berries as garnish



1. In a blender, purée the Silken Tofu and all of the respective ingredients except sugar at the highest setting to a smooth and creamy consistency.
2. Gradually add sugar to taste, depending on the natural sweetness of the fruit. Maple syrup or agave syrup may be used in place of sugar.
3. The fruit creams taste best served cold.



SILKEN TOFU

FRUIT CREAMS

SILKEN TOFU

CHOCOLATE DREAM



1. Finely grate the baking chocolate or chop it with a knife. Melt half in a bain-marie. Add the other half and turn off the stove. This will keep the chocolate from getting too hot.
2. Meanwhile, let the Silken Tofu drain in a colander.
3. In a bowl, mix the Silken Tofu and vanilla sugar until smooth. Slowly mix in the melted chocolate.
4. Whip the soy cream, ideally straight from the fridge, with a whisk or hand mixer until stiff peaks form. Blend starch and icing sugar and add to the cream while whipping for a smooth, stiff consistency.
5. Gently fold the whipped soy cream into the chocolate mass. Divide the mousse into 4 bowls and let rest in the fridge for at least 60 minutes.
6. Serve with fresh berries (optional).



1 pkg
120 g

Taifun Silken Tofu
vegan dark semisweet
baking chocolate, at least
70% cocoa
vanilla sugar
soy cream (cold)
starch
icing sugar

For garnish: fresh berries

*For an exotic note, dust the
mousse with a hint of ground
black long pepper.*





2 pkgs

Taifun Silken Tofu (800 g)

260 g
230 g

flour
sugar (such as cane sugar)

2 tsp
3 tbsp
140 g
60-70 g

baking powder
soy flour
margarine
starch
pulp of 2-3 vanilla pods
or 4 tsp vanilla extract
lemon (zest & juice)
rapeseed oil

1
70 ml

For the meringue

100 ml
1/4 tsp
100 g
1 tsp

aquafaba (cooking water from chickpeas)
cream of tartar
icing sugar
vanilla extract

1. For the pastry, mix flour with 80 g of sugar, baking powder and 1 tbsp of soy flour. Add cold margarine in chunks and knead into a smooth dough. Wrap in film and chill for 30 minutes.
2. For the filling, mix the Silken Tofu with 150 g of sugar, starch, vanilla pulp (or vanilla extract), lemon zest and juice, rapeseed oil and 2 tbsp of the soy flour at high speed until smooth.
3. Preheat the oven to 180 °C. Grease a large springform cake tin and line with the pastry, including 2/3 of the sides. Spread the filling into the pastry case and bake for 45-55 minutes.
4. For the meringue topping, beat the aquafaba with a hand mixer for 5-10 minutes. Slowly add the cream of tartar, icing sugar and vanilla extract.
5. Spread the meringue onto the filling for the final 20 minutes of baking time.
6. Let the cake cool and remove from the tin.

VEGAN CHEESECAKE

SILKEN TOFU



Instead of a meringue topping, the cake can be decorated with fresh fruit.



ECONOMY
FOR THE COMMON GOOD

An economic model for the future

Our Common Good Balance Sheets help us deepen our commitment to sustainable and ethical practices even further.



01/21



Taifun

Find more recipes at **taifun-tofu.de/en**

Taifun-Tofu GmbH · Bebelstr. 8 · 79108 Freiburg

