

Taifun 

SMOKED TOFU

TOFU SPECIALITIES



VEGAN

TOFU

RECIPES



OUR RANGE OF TOFU PRODUCTS



No matter the variety, everyone loves our Smoked Tofu. That's partly down to **the special and very gentle way we smoke our products**. Fragrant beech wood smoke combined with a generous splash of soy sauce makes our Smoked Tofu products uniquely recognizable.

The ingredients in our tofu specialities are exceptional too: We ferment basil in the traditional manner. Lemon juice comes from genuine Sicilian citrus fruits, and seaweed is harvested in the wild by divers. This is all possible thanks to **longstanding partnerships with our cultivators**. A respectful approach to people, the soil and plants comes naturally to us.



Taifun's soybean expert Stefan Paul and farmer Lebrecht Schneider of Umkirch (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.



2 pks

200 g

250 ml

5 tbsp

1

1-2

1/2-1

6-8 tbsp

1 bunch

2

3

1

1 bunch

100 g

Taifun Smoked Tofu

ground almonds
warm water
cooking oil
lemon (zest & juice)
cloves of garlic
red chilli pepper
soy sauce
spring onions
cucumbers
carrots
red bell pepper
parsley
mung bean sprouts
cayenne pepper



1. To make the sauce: Roast almonds without oil. In a bowl, purée almonds, water and 2 tbsp of oil with an immersion blender.
2. Add zest of half of a lemon, half of the pressed garlic, and the chilli pepper cut into strips. Season with 3-4 tbsp each of lemon juice and soy sauce.
3. Julienne the vegetables (see photo) and mince the parsley. Cut the Smoked Tofu in half lengthwise and slice into fine strips.
4. Heat 2 tbsp of oil in a wok and fry the Smoked Tofu with the rest of the garlic for 3 minutes, stirring frequently.
5. Remove the tofu and keep warm. Add oil to the wok and stir-fry the carrots and bell pepper for about 3 minutes. Add the onions and cucumbers, and briefly stir-fry. Fold in the tofu, parsley and sprouts.
6. Season with cayenne pepper and 3-4 tbsp of soy sauce. Serve the almond sauce on the side.

WOK VEGETABLES

SMOKED TOFU



Depending on the season, substitute the spring onions with 1 leek and the bell pepper with 3-4 dried tomatoes.



2 pkgs
6-8 tbsp

130 ml
1 ½

40 g
20 g
½ tsp
500 g
1 pinch
2-3
3 tbsp

1 tbsp
2-3
1 bunch
10
½
½
200 g

Taifun Smoked Tofu
mixed fresh herbs such as chives or Italian herbs
olive oil
lemons
salt & pepper
pistachios, shelled
breadcrumbs
garlic powder
green asparagus
sugar
spring onions
white balsamic or cider vinegar
maple syrup
carrots
radishes
cherry tomatoes
cucumber
fennel bulb
lettuce



1. Place the tofu in a baking pan. Mix 3-4 tbsp minced herbs, 70 ml olive oil, 1 tbsp lemon juice, salt and pepper to make a marinade.
2. Pour marinade over the tofu. Let rest for at least 1-2 hours or overnight. Preheat the oven to 200 °C.
3. In a blender, coarsely purée pistachios, bread-crumbs, zest of ½ lemon, ½ tsp each of salt and garlic powder, and 1 pinch of pepper. Coat the tofu with some of the pistachio mixture, moistened with 2-3 tbsp of the marinade.
4. Add the rest of the topping to the baking dish. Bake for about 20 minutes and let cool.
5. Cut the asparagus into small pieces and fry in 2 tbsp of olive oil for 7-10 minutes.
6. Deglaze with 2 tbsp of lemon juice and sugar. Season to taste with salt and pepper.
7. To make the vinaigrette, put the remaining herbs, 1 diced spring onion, zest of ½ lemon, 2 tbsp of lemon juice, 4 tbsp of olive oil, vinegar, maple syrup, salt and pepper in a jar. Cover and shake vigorously.
8. Dice the vegetables. Toss with lettuce in a large bowl and sprinkle with the pistachio mixture from the baking pan. Cut the tofu into slices with a sharp knife and serve with asparagus and salad.



PISTACHIO-CRUSTED SMOKED TOFU ON A

SPRING SALAD

QUICHE

SMOKED TOFU & SILKEN TOFU



1. Grease a quiche or tart tin with margarine. Lay the puff pastry into the tin and press it down. Poke the pastry with a fork. Finely grate or slice the vegetables. Dice the Smoked Tofu.
2. Sear the vegetables and tofu in hot sunflower oil for 1 minute. Add a pinch of salt and evenly fill the pastry case.
3. In a bowl, mix Silken Tofu with starch, soy sauce and a pinch each of salt and pepper. Pour evenly over the vegetables until the tin is filled to the brim.
4. Sprinkle with herbs and pumpkin seeds and convection bake at 180 °C for 30-35 minutes. Remove the quiche from the oven and let cool before cutting.
5. Serve along with a crisp, green salad dressed with white balsamic vinegar and olive oil.



1 pkg Taifun Smoked Tofu
½ pkg Taifun Silken Tofu
½ roll of puff pastry (vegan)
½ small leek
2 spring onions
1 bell pepper
1 carrot
5-6 button mushrooms
1 tbsp margarine
2 tbsp sunflower oil
salt & pepper
4 tbsp starch
1 tbsp soy sauce
1 bunch fresh herbs such as chives or chervil
2 tbsp pumpkin seeds



1 pkg **Taifun Smoked Tofu**
 ½ chilli pepper
 1 onion
 1 clove of garlic
 2-3 tbsp olive oil
 50 ml white wine
 350 ml soy cream
 salt
 black pepper, freshly ground
 dried oregano
 ½ tsp lemon juice
 2-3 marinated sun-dried tomatoes
 50 g peas
 nutmeg
 vegetable bouillon powder
 1 bunch flat-leaf parsley
 ½ courgette
 250 g spaghetti



1. Cut the Smoked Tofu into fine strips. Fry in olive oil until crispy, then drain on kitchen paper.
2. Mince the chilli pepper, dice the onion and garlic, and fry in oil. Deglaze with white wine and let thicken for 2 minutes. Add soy cream and season with salt, pepper, oregano and lemon juice.
3. Mince the sun-dried tomatoes. Bring the sauce to a boil, add the peas, tomatoes and tofu, and briefly simmer. If desired, season to taste with nutmeg and vegetable bouillon powder.
4. Chop the parsley, finely grate the courgette, and add both to the sauce.
5. Cook the spaghetti. Stir 50-100 ml of the pasta water into the sauce for a creamy consistency. Serve the spaghetti with sauce.

VEGGIENARA

SMOKED TOFU



Sage leaves fried in margarine go very well with this dish!



1 pkg

1 bunch

1 pinch

2

1

1 bunch

150 ml

500 ml

200 g

150 ml

1 dash

Taifun Tofu Basilico

fresh basil

salt & pepper

shallots

clove of garlic

fresh mint

olive oil

water

risotto rice

white wine

lemon juice



1. Purée basil leaves with 50 ml of olive oil and a pinch of salt. Set aside.
2. Make tea with half of the mint. Finely dice half of the tofu; cut the other half into slices.
3. Mince the shallots and garlic. In a pot, sauté the shallots in olive oil at low heat for about 2 minutes. Add garlic and sauté a little longer. Add the risotto rice and sauté for 2 minutes.
4. Deglaze with white wine and stir until the wine is absorbed. Add enough mint tea to just cover the rice. Simmer and keep stirring until the rice has absorbed the tea. Repeat three times.
5. Stir in the diced tofu. Keep adding tea until it has been used up and the rice is al dente. Stir the prepared basil and olive oil mixture into the cooked rice.
6. Season to taste with a dash of lemon juice, salt and pepper. Cut the remaining mint leaves into thin ribbons and garnish the rice.
7. In a pan, fry the tofu slices in olive oil until crispy. Season with salt and pepper and serve atop the rice.



Grind together cashews, almonds, yeast flakes and a pinch of salt. Add a dash of lemon juice and let dry for 15 minutes. And presto – vegan Parmesan is ready to serve!

TOFU BASILICO

MINT RISOTTO



TOFU ROSSO

BOLOGNESE



1. Crumble the Tofu Rosso with a fork. Dice the vegetables and mince the flat-leaf parsley.
2. Briefly fry the crumbled Tofu Rosso in olive oil. Add the vegetables except for the tomatoes. Stir-fry for 5 minutes until the vegetables are browned on all sides.
3. Add the tomato paste and briefly continue stir-frying. Add the diced tomatoes and deglaze with balsamic vinegar.
4. Season the sauce with the herbs, salt, pepper and vegetable bouillon powder, and simmer at low temperature for 15 minutes.
5. Prepare the pasta (zoodles made from courgettes, as shown in the photo, or traditional spaghetti). Arrange the pasta on four plates and top with the tofu Bolognese sauce. Garnish with minced parsley.



- 2 Pckg.** **Taifun Tofu Rosso**
- 1 medium onion
 - 1 clove of garlic
 - 2 small carrots
 - 2 sticks of celery
 - 5 tomatoes
 - 1 tbsp flat-leaf parsley
 - 5 tbsp olive oil
 - 3 tbsp tomato paste
 - 2 tbsp balsamic vinegar
 - 1 tsp each dried oregano and thyme
 - 1 pinch salt
 - 1 pinch black pepper, freshly ground
 - 1 tsp vegetable bouillon powder
 - 500 g pasta (such as spaghetti or zoodles)



A recipe for vegan Parmesan can be found under 'Mint Risotto' on the previous double-page spread.



1 pkg

Taifun Tofu-Filets Japanese Style

500 g green asparagus
2 cloves of garlic
15 g fresh ginger
2 spring onions
3 tbsp cooking oil
2 tbsp lime juice
3 tbsp light soy sauce
1 tbsp chilli sauce
1 tsp raw cane sugar
5 tbsp water
2 tbsp white sesame seeds

1. Trim the woody ends and peel the lower third of the asparagus. Leave thin stalks whole and cut thick stalks in half lengthwise.
2. Peel and mince the garlic and ginger. Cut the spring onions diagonally into rings. Keep the green and white rings separate and put aside.
3. Heat 2 tbsp of oil in a large frying pan. Sear the asparagus on all sides for about 5 minutes. Add the garlic, ginger and white spring onion rings and briefly fry.
4. Add the lime juice, soy sauce, chilli sauce, cane sugar and water to the asparagus. Cook for 1-2 minutes until al dente.
5. Meanwhile, heat 1 tbsp of oil in a second frying pan. Pat the tofu-filets dry and cut in half diagonally. Fry at medium temperature until light brown on both sides.
6. Add the green spring onion rings to the asparagus. Serve the asparagus and tofu with a sprinkling of sesame seeds.

TOFU-FILETS JAPANESE STYLE

ASPARAGUS SALAD





1 pkg
10-15 g

300 ml
1 tbsp
400 g
1 tsp
2 tbsp
2 tbsp
1

Taifun Tofu Sausages
fresh yeast or 2 tsp dry yeast
soy milk
raw cane sugar
spelt (or other) flour
salt
olive oil
fried onions
courgette

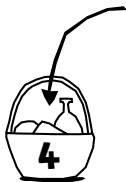


1. Blend the yeast and sugar with heated soy milk. Whisk until completely dissolved.
2. Add the flour, salt and olive oil, and knead to a smooth dough.
3. Let rise for 2-3 hours in a lightly oiled, covered bowl.
4. Knead the fried onions into the dough.
5. Have ready campfire sticks or skewers.
6. Knead the dough one last time. Slice the courgette into long ribbons using a vegetable peeler.
7. Cut the sausages into thirds. Wrap each piece first in a ribbon of courgette, then in a flattened piece of dough. Skewer and cook over a campfire until the bread is done.

TOFU SAUSAGES WRAPPED IN

CAMPFIRE BREAD





2 pkgs Taifun Smoked Tofu

4 pita pockets (or 2 flat-breads)

¼ white cabbage

1 pinch of salt

1 pinch of sugar
vegetable oil

2 tomatoes

¼ cucumber

1 pinch of black pepper

¼ head of lettuce (iceberg, green oak leaf or Batavia)

½ onion

2-3 tbsp cooking oil

160 ml vegan barbecue sauce

1 tsp chilli flakes



SMOKED TOFU

VEGGIE POCKET

1. Reheat the bread and let cool.
2. Thinly slice the white cabbage. In a bowl, toss the cabbage with salt and sugar and knead for about 5 minutes. Then drizzle with a little vegetable oil.
3. Cut the tomatoes into 5 mm slices. Cut the cucumber into 2 mm slices. Season both with salt and pepper. Cut the lettuce and onions into strips.
4. Shred the Smoked Tofu with a grater and sauté in oil until evenly crisp. Carefully slice open the pitas or flatbread halves to form pockets. Spoon in a little barbecue sauce. Fill the pockets with sliced lettuce, onion, white cabbage, tomato, and cucumber.
5. Add the sautéed shredded Smoked Tofu and top with the remaining barbecue sauce. Sprinkle with chilli flakes to taste. Serve immediately.



Substitute the barbecue sauce with another sauce/ dip of choice.



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

