



The Tofu Cookbook

Cathy Bauer

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Tofu is a velvety smooth cheese made from the milk of the soybean. It should be the most popular foreign food discovery since pizza. Seldom seen outside of Oriental restaurants until now, tofu is amazingly adaptable to American tastes. "The Tofu Cookbook" offers hundreds of recipes for using tofu creatively, including spinach souffle, stuffed zucchini, noodles Romanov, Greek tiropeta, enchiladas, a curry, quiches, and several casseroles.

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