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**PRESS RELEASE**

October 27, 2019

**RESOBOX East Village**

91 E 3rd St,  
New York, NY 10003

**DISCOVER THE VERSATILITY of TOFU**

**~Japanese Vegan Cooking Event~**



**Date:** Sunday, November 3, 2019 10:00am - 12:00pm

**Where:** RESOBOX East Village 91 E 3rd St, New York, NY 10003

**Price:** \$60 (includes all materials)

**Contact:** Takashi Ikezawa, 718-784-3680, [info@resobox.com](mailto:info@resobox.com)

**Web:**

<https://resobox.com/event/discover-the-versatility-of-tofu-japanese-vegan-cooking-event/>

“Try and Experience the Various Textures of Tofu”

“Discover Recipes for Tofu Cuisines”

“Taste The Many Textures of Tofu”

## Event Overview

Tofu has one of the few plant-based proteins that contain all of the essential amino acids we need to stay healthy. Tofu – a protein-rich, healthy superfood – is not all the same. It has several types of textures, tastes, and appearances depending on the country of origin. For this workshop, participants will cook using three types of Japanese tofu! They will learn the basics of tofu including the differences between soft, medium, and firm Tofu and how to cook each texture. See below for a full below outline of what’s in store:

1. Understanding the characteristics of soft, medium, and firm tofu such as production method, how to choose the right tofu, recipes, and more. Expand your knowledge on Tofu! Participants will learn the characteristic of each texture and how to prepare them while tasting different types of Tofu.
2. Cooking using soft, medium, and firm tofu:
  1. Tofu Teriyaki Steak Sandwich
    - Firm Tofu
    - Soy Sauce
    - Brown Sugar
    - Sweet Sake
    - Refined Sake
    - Ginger
    - Potato Starch
    - Seasonal Vegetables
    - Bread
  2. Matcha Tofu Mousse
    - Soft Tofu
    - Soy Milk
    - Brown Sugar
    - Matcha Powder
    - Agar-agar
  3. Tofu Dressing Salad
    - Medium Tofu
    - Seasonal Vegetables
    - Miso
    - Rice Vinegar
    - Sesame Oil

You can adjust this salad to your own liking!

**Photo Gallery**





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