

**INSTRUCTION
BOOKLET
AND VEGETARIAN
RECIPE GUIDE**



TofuXpress®

**THE GOURMET FOOD PRESS.
PRESSES TOFU, CHEESE,
MACROBIOTIC SALADS,
VEGGIES AND MORE.**

Made and assembled in U.S.A. U.S. Patent #7,775,157

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For more **TofuXpress** products go to **www.TofuXpress.com**

- Light Tension Spring #2 Attachment
- Xpress Cheesecloth
- Xpress Cooler
- Recipe Cards (pack of 12)
- and More.

To receive the latest news from **TofuXpress** be sure to **enroll in our newsletter.**

Check out our recipes at **www.tofuxpress.com/recipes**



TofuXpress®

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INTRODUCTION

Congratulations on purchasing your **TofuXpress** unit. The **TofuXpress** makes preparation of tofu and other foods easier and faster. It also offers a way to enhance the taste of tofu, an increasingly popular food among the health conscious population.

I first began to include tofu in my diet a number of years ago, and tried many ways to improve its flavor and texture. One way to improve its flavor and texture is to press the water out of prepared tofu. Once the water is removed, flavoring can then be added.

I quickly became dissatisfied with the old method to remove the water. "Put it in between two plates, and put a weight on top" is what most cookbooks provide as guidance. From using other methods involving wasting tons of paper towels (not environment-friendly), to building a cumbersome tower of plates and weights, I just was not happy with the results. So I set out to design a kitchen tool that would be more effective. I now present to you the **TofuXpress**.

The **TofuXpress** is also great for pressing liquid out of other foods, such as sliced eggplant, thawed chopped spinach, tomatoes, cabbage, macrobiotic salads, yogurt and cheese. The optional Light Tension Spring #2 attachment is best for certain applications. The **TofuXpress** unit also converts into a marinating dish to add flavor.

The possibilities for creating your own delicious tofu and other food recipes are endless. Enclosed is a recipe card to write down your special recipes to share with friends and family. Whether you are a Vegan, Vegetarian, Flexitarian, or a Gourmet Foodie, you will find the **TofuXpress** to be one of your most enjoyable kitchen tools.

Marie Kraft

IMPORTANT SAFEGUARDS

When using any appliance, basic safety precautions should always be followed, including the following:

- **READ AND KEEP ALL INSTRUCTIONS.**
- Close supervision is necessary when any appliance is used by or near children, or incapacitated persons.
- Do not place items in the **TofuXpress** other than those for its designated use.
- Do not place anything in or near spring other than as specified here.
- Do not use the **TofuXpress** in any way other than as specified here.
- Keep hands and utensils out of the **TofuXpress** when assembling and when in use.
- Do not use the spring for anything other than as designated herein with the **TofuXpress**.
- The spring may contain sharp edges. Handle carefully.
- Always ensure the spring is securely fastened onto Handle and Plate.
- Always ensure the Handle is securely fastened underneath the Side Hooks of the Base when in use.
- Always take care when releasing Handle from underneath the Side Hooks of the Base.

CARE AND CLEANING

The **TofuXpress** parts are corrosion-resistant, sanitary, and easily cleaned. Before first use and after every use, separate parts and clean thoroughly in warm, soapy water, using a soft cloth. Rinse and dry well. All parts may also be placed in the dishwasher for cleaning however, washing by hand with a soft cloth will keep your **TofuXpress** looking great.

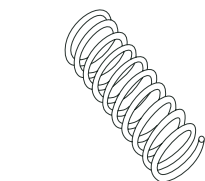
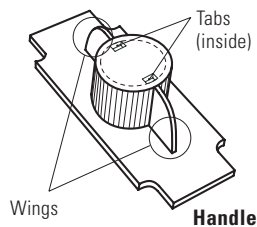
Protein deposits from pressing tofu may form a white film over the **TofuXpress** unit. If a white film appears, periodically soak the **TofuXpress** in white vinegar and gently scrub with plastic bristle brush to remove. Periodically check all parts before re-assembly. If the spring has been damaged or there are cracks or damage to any part of the appliance **DO NOT USE THE TofuXpress**. Further use could result in the appliance breaking during use. **USE OF DAMAGED OR NON-RECOMMENDED PARTS COULD RESULT IN PERSONAL INJURY AND/OR DAMAGE TO THE TofuXpress**. See pages 5-7 for proper assembly and use.

Store your **TofuXpress** assembled, with the Marinating Lid attached to the bottom of the base. The entire unit is designed to be stored together when not in use to avoid losing parts in your kitchen.

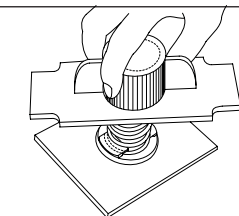
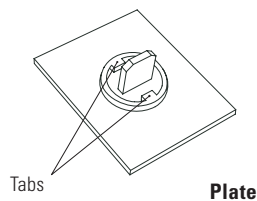
WARNING: ■ **BE SURE** spring ends are inserted under both Tabs inside Press Plate and Spring Retainer Plate parts. See page 7. ■ **DO NOT** fill the unit with foods to the point of obvious stress by bowing the Spring Retainer Plate. ■ **CAUTION:** Some tofu bricks are cut unevenly from the manufacturer. If tofu is uneven when pressing, release assembled top from under side hooks. Press down on the high corner of the tofu to even out. ■ **DO NOT** place unit in microwave or oven. ■ **DO NOT** use in any way other than described in the Instruction Booklet or on www.tofuxpress.com.

PARTS

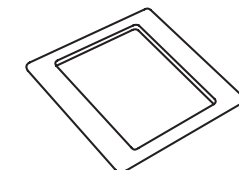
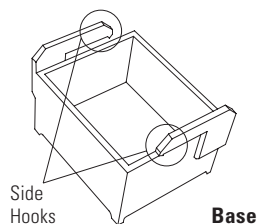
CAUTION: Always make sure the spring is properly seated inside the Handle and Plate under tabs. See diagram below.
Do not use the **TofuXpress** without properly seating the spring.



Spring*



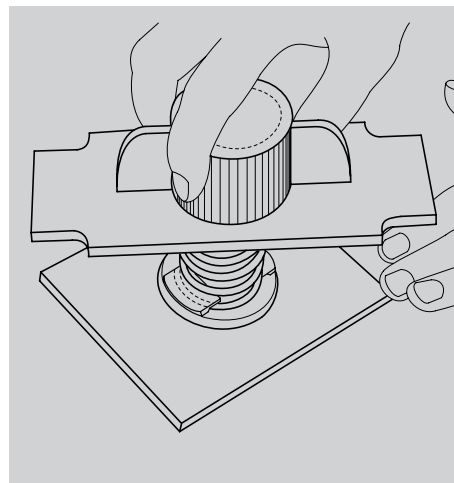
Assembled Top



Marinating Lid

*Optional Light Tension Spring #2 attachment used to press liquid out of more delicate foods available at **TofuXpress.com**

ASSEMBLY



①

Twist either end of spring under both tabs found in the center of the Plate.

②

Place opposite end of the spring into the hollow part of the Handle.

Twist spring under both tabs inside the hollow part of the Handle.

This is the Assembled Top.

Congratulations. You are now ready to use the **TofuXpress**.

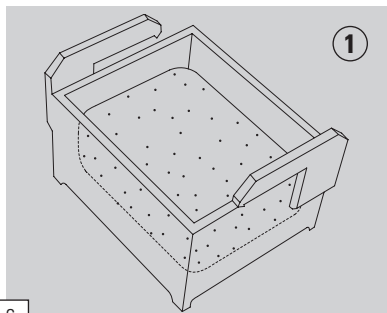
USE

With Tofu — Firm, regular, and extra firm tofu is generally the consistency called for in recipes that require a firmer textured tofu. These recipes all for the water to first be removed from tofu before further preparation. The **TofuXpress** is designed to accomplish this.

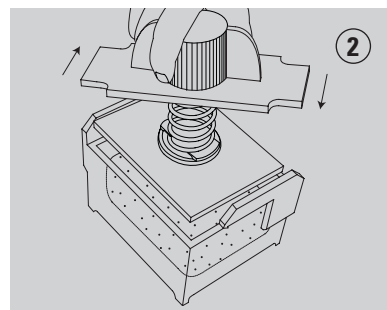
Tofu labeled soft or silken is not recommended for use with the **TofuXpress** as it is too soft and watery, unless used with the optional Light Tension Spring #2 Attachment (available at **TofuXpress.com**). These consistencies are generally used for sauces and dips.

Manufacturers of tofu vary in their labeling of different textures. You may want to experiment with different brands to determine which ones are best for pressing and marinating.

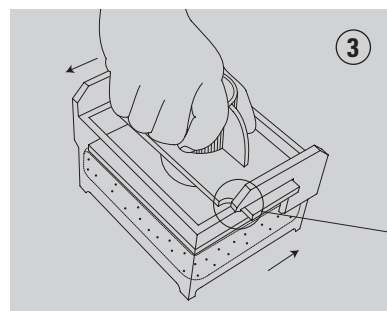
With Other Foods — Chopped spinach is often called for in dips and is also great as a side vegetable. It is often hard to get the water out of thawed or cooked spinach. Place into the **TofuXpress** and within 15 minutes most water will be removed. The **TofuXpress** may also be used to remove liquid out of finely chopped cabbage, sliced eggplant, and other foods. With the optional Light Tension Spring #2 Attachment you can make pressed salads, cheeses, yogurt, and formed cooked rice dishes.



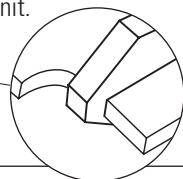
Place food to be pressed in the center of the **TofuXpress** base.



Place the Assembled Top on top of food to be pressed. See warning on page 3.



While pressing down, twist Handle sides underneath the Side Hooks of the Base and click into place, so that wings are straight along the length of unit.



- ④ Place the **TofuXpress** in the refrigerator for the desired amount of time. One hour is usually adequate to remove most water, however a denser texture may be achieved in 3 hours or overnight. Unused pressed tofu may be re-immersed in water and pressed at a later date. **Always follow tofu manufacturer's instructions for storage and expiration dates.*
- ⑤ When ready to remove food from the **TofuXpress**, tip the unit upside down over a sink to remove water that has accumulated on top of the unit.
- ⑥ The Marinating Lid is used to cover tofu or other foods while marinating or storing. The Marinating Lid is designed to fit underneath the **TofuXpress** when not in use.

RECIPES

Marinating Tofu — Marinating is a process that allows for flavoring to be added to a food. Tofu must be pressed first, and then immersed in a marinade for a period of time to allow for absorption. Marinated tofu may be pressed a second time to remove some of the marinade liquid. Pressing tofu a second time is a wonderful way to keep the flavor in, yet also create a consistency that is more meat-like.

Frying Tofu — One of the most wonderful ways to enjoy tofu is to lightly pan fry it so that the outside becomes crusty and the inside remains soft. The best oils to use are vegetable oils, such as Soybean Oil, Safflower Oil, Canola Oil, Avocado Oil, and Peanut Oil. Use a pan that has some depth to it. Heat oil with medium to high heat before placing tofu into pan. Foods cooked in hot oil tend to absorb less oil, so be sure the oil is hot before adding tofu.

Baking and Broiling — Always use parchment paper instead of aluminum foil when baking or broiling tofu as the tofu will absorb the metallic taste.

Freezing Tofu — Freezing is an additional step that changes its texture, making the tofu chewy and more “meat-like”. You may press tofu bricks in advance, place them in individual freezer bags and freeze. After freezing, remove from freezer and allow to thoroughly thaw out in refrigerator. Re-press tofu as ice crystals form inside the tofu adding moisture. Pressing, freezing, and storing tofu in the freezer is a great way to keep tofu on hand, making it convenient to add to recipes and stretch your food budget. Label with a date so you know how long your tofu is in the freezer. Please note: tofu will change colors during the freezing process and take on a yellow color. This yellow color will disappear once thawed.

TofuXpress Recipe Cards — Print out 4”x 6” recipe cards from **TofuXpress**.com and share your favorite **TofuXpress** recipes with friends.

APPETIZERS

Miso Soup

Ingredients: Miso soup (1 can or powdered packet or paste)
1 package of firm or extra firm tofu
1 green onion finely sliced

Directions: Place tofu in **TofuXpress** and press for 1/2 hour. Remove tofu from **TofuXpress**. ■ Follow instructions provided on packaging to make miso soup. ■ Dice tofu into 1/2 inch cubes and place in miso soup. ■ Add green onion. ■ Bring miso soup to a simmer or low boil. ■ Heat thoroughly using low heat for approximately 10-15 minutes. ■ Serve hot.

Tofu Egg Rolls

Ingredients: 1 package firm tofu
2 tsp minced ginger
1 tsp minced garlic
2 cups shredded coleslaw mix finely chopped
3 green onions finely chopped
1 pkg egg roll wrappers
Canola oil
2 tbsp teriyaki sauce
Plum sauce

Directions: Press tofu in **TofuXpress** for 1 hour. Use a fork to smash the tofu and create the texture of ground meat. ■ Place 2 tbsp canola oil in a deep skillet. ■ Stir-fry tofu in skillet over high heat until it's lightly browned. ■ Add ginger, onion, coleslaw, garlic and teriyaki sauce. ■ Cook mixture for another 2 minutes. Allow to cool. ■ Fill wrappers with mixture. Fill skillet with enough canola oil to cover the bottom of the skillet and half the height of the egg rolls. ■ Heat oil to 350 degrees or medium high heat. Place the rolls in skillet, with enough space between each roll to not touch each other. ■ Turn once when lightly browned. Serve with plum sauce.

Pesto Tofu

Ingredients: 1 package firm tofu
1/4 cup pesto (approx 4 oz)
3 tbsp olive oil
1/2 tsp salt

Directions: Place tofu in **TofuXpress** and press tofu for a minimum of one hour.
■ Remove tofu from **TofuXpress** and cut tofu into 1 or 1 1/2 inch cubes. ■ Mix pesto and tofu together until combined. ■ Return coated tofu to **TofuXpress** to marinate in refrigerator for approximately 1 hour. ■ Before serving, gently toss with oil and salt. This may be made a day ahead. ■ Serve at room temperature.

ENTREES

Asian Delight

Ingredients: 1 package extra firm tofu
3/4 cup soy sauce or tamari sauce
1/2 cup water
2 tbsp fresh ground ginger
1 tbsp fresh minced garlic
1/2 cup rice flour
1 tsp salt

Directions: Press tofu for 2 hours. Cut tofu into 1 or 1 1/2 inch cubes. ■ Bring soy sauce, water, ginger, and garlic to a low boil and allow to set for 5 minutes.

Return cubed tofu to **TofuXpress** and add marinade. ■ Refrigerate for a minimum of 2 hours. ■ Place the rice flour and salt in a plastic bag and shake to mix together. ■ Add tofu. ■ Seal bag and gently shake the bag to evenly coat the tofu. ■ Use safflower oil and deep fry until brown, occasionally turning tofu to brown all sides.

Mock Tuna Tartare

Ingredients: 1 brick tofu
1/4 cup tomato pesto
2 tbsp olive oil
Fresh parsley

Directions: Place brick of tofu into **TofuXpress** and allow to press for at least
■ 3 hours or overnight. Dice tofu into small squares and add Tomato ■ Pesto and 1-2 tbsp olive oil. ■ Add more Tomato Pesto if you prefer to achieve a consistency where the mixture starts to stick together and also consistently coats tofu. ■ Place mixture into **TofuXpress** and allow to marinate for at least 2 hours or overnight. ■ Use a crabcake cutter to form round pattie. Place onto plate, drizzle a teaspoon of olive oil onto side of plate, and add parsley garnish. ■ Serve.

Asian Green Chile Tofu and Broccoli

Ingredients: 1 package firm tofu
1/2 head broccoli, chopped into bite-sized pieces

Green Chile Paste: 1 4 oz can diced green chilies
3 tbsp fresh lemongrass stalk, sliced
2 tbsp fresh minced ginger
2 tbsp fresh minced garlic
2 tbsp fresh minced shallots
1 tbsp coriander seeds
2 tbsp sesame oil
2 tbsp kosher salt
1 1/2 tsp white pepper
3 tbsp safflower oil

Directions: Press tofu in **TofuXpress** for 1/2 hour. ■ Mix all Green Chile Paste ingredients into blender and puree. ■ Coat tofu with paste and allow to marinate in refrigerator for 2 hours. ■ In a large skillet, stir-fry broccoli for 5 minutes. ■ Add tofu mixture and stir-fry till warm and slightly browned.

Tofu with Adobe Paste

Ingredients: 1 package firm tofu

Adobe Paste: 2 1/2 tbsp olive oil
2 tbsp lime juice
2 tbsp fresh lime zest
2 tbsp paprika
1 1/2 tbsp ground oregano
1 tbsp fresh minced garlic
1 tsp ground cumin
1 1/2 tsp dried hot red-pepper flakes
1 1/2 tsp kosher salt
1/4 tsp ground black pepper

Directions: Mix Adobe Paste ingredients together. ■ Press tofu in **TofuXpress** for 1/2 hour. ■ Slice tofu lengthwise, then slice each half into 4 squares.
■ Mix tofu into paste and allow to marinate in refrigerator for 2 hours.
■ In a large skillet, pan-fry tofu pieces for 5-10 minutes.

Asian Green Chile Tofu and Broccoli

Ingredients: 1 package extra firm tofu
Canola spray oil
1 can tomato paste
1 tsp dried oregano
1 tsp dried basil
Parmesan cheese or Mozzarella (vegan)

Directions: Press tofu in **TofuXpress** overnight. ■ Remove and cut brick into quarters. Then, slice quarters lengthwise to yield three “slices” to resemble a cracker size of approximately 2” by 2”. ■ Mix spices into tomato paste.
■ Spray fry pan with canola oil and heat to medium. ■ Place slices of tofu into pan and brown on each side. ■ Add a generous portion of tomato paste onto each slice. ■ Sprinkle with cheese and salt to taste. ■ Flip and “sear” the cheese and paste momentarily. ■ Serve.

Curried Tofu and Onions

Ingredients: 1 package extra firm tofu
Canola spray oil
1 can coconut milk 12 oz
1 sweet onion, chopped
1 tomato, chopped
1/4 cup chopped walnuts or cashews
1–2 tbsp curry, to taste
Fresh cilantro (4 tbsp chopped)
Cayenne pepper
Salt

Directions: Press tofu in **TofuXpress** for at least 3 hours. ■ Remove tofu and cut brick into 1 inch cubes. ■ Spray a large fry pan with canola oil and heat to medium. ■ Place onions into pan and brown, careful to not burn. ■ Add curry and coat onions. Heat for 1 minute. ■ Add can of coconut milk and heat for 1 minute. ■ Add tofu, tomatoes, nuts, and cilantro. ■ Bring to a soft boil, reduce heat and allow to simmer for 10 minutes or more. ■ Add cayenne pepper and salt to taste. ■ Serve.

Curry Tofu with Broccoli

Ingredients: 1 package firm tofu
1 head broccoli, chopped into bite-sized pieces
1 16-oz jar curry-flavored simmer sauce
2 tbsp vegetable oil

Directions: Press tofu in **TofuXpress** for 1 hour. Cut into cubes. ■ Place cubed tofu and curry sauce in a bowl and stir. ■ Allow to marinate for at least 1/2 hour. ■ In fry pan, add oil and stir-fry broccoli til lightly browned.
■ Add tofu mixture and all sauce. Allow to simmer for 15 minutes. ■ Serve.

Tofu and Romaine Salad

Ingredients: 1 package extra firm tofu
1 cup dried cranberries chopped
1 cup raw walnuts chopped
1/2 cup sandwich spread
2 cups chopped romaine lettuce

Directions: Press tofu in **TofuXpress** for 1/2 hour. ■ Dice tofu into small pieces. Add all ingredients and stir.

Rancher's Breakfast Starter

Ingredients: 2 16 oz cans vegetarian baked beans
1 package firm tofu
1/2 cup agave
3 tbsp dijon mustard
Whole wheat bread toasted or crackers

Directions: Press tofu in **TofuXpress** for 1 hour. Dice tofu into small pieces.
■ Mix beans, agave, and mustard and place in sauce pan and heat to a low simmer. ■ Add beans and tofu in sauce pan and heat slowly til smoking.
■ Serve tofu and bean mixture on top of toasted whole wheat bread or crackers. ■ This may also be served as a unique baked bean casserole.

Power Tofu Breakfast

Ingredients: 1 package tofu
1 cup raisins
1 cup walnuts or cashews
1 tsp chili pepper
1 jar Jafrezzi simmer sauce
3 cups cooked brown rice

Directions: Press tofu in **TofuXpress** for 1 hour. Dice tofu into small pieces.
■ Place simmer sauce into pot and add remaining ingredients, except rice.
■ Bring to a slow simmer. ■ Allow to heat and simmer for 10 minutes.
■ Add brown rice.

Sauteed Spinach with Garlic

Ingredients: 3 cloves garlic, sliced thinly
2 packages frozen chopped spinach, thawed
4 tbsp olive oil
1/4 tsp salt

Directions: Place thawed chopped spinach into **TofuXpress** and place in refrigerator for approximately 2 hours. ■ In a saucepan, heat oil on medium heat for 2 minutes. Add garlic slices and allow to saute for 3-5 minutes.
■ Add spinach on top of garlic and allow to heat for 15 minutes or til cooked. Stir occasionally. ■ Add salt, and serve.

DESSERTS

Tofu Macaroons

Ingredients: 1 package firm tofu
1 16 oz jar coconut milk
2 tbsp vanilla extract
1/4 cup brown sugar
2 cups shredded coconut

Directions: Press tofu in **TofuXpress** for 2 hours. Cut into cubes.
■ Mix coconut milk and vanilla extract together and place cubes into mixture. Allow to marinate for at least 2 hours. ■ Place brown sugar and coconut in plastic bag and mix well. ■ Add cubes to bag, several at a time, to coat.
■ Place coated cubes on baking sheet lined with parchment paper.
■ Bake at 375 for approximately 15 minutes each side, til lightly toasted.
■ Serve warm or cold.

1-YEAR MANUFACTURER DEFECT LIMITED WARRANTY

TofuXpress, Inc. warrants that for a period of one year from the date of purchase, this product will be free from defects in material and workmanship. TofuXpress, at its option, will repair or replace this product or any component of the product found to be defective during the warranty period, or provide refund for purchase price. Replacement will be made with a new or remanufactured product or component.

This warranty is valid only for the original retail purchaser from the date of initial retail purchase and is not transferable. Keep the original sales receipt. Proof of purchase is required to obtain warranty performance.

This warranty does not cover normal wear of parts resulting from any of the following: negligent use or misuse of the product, use contrary to the operating instructions, repair or alteration by anyone other than TofuXpress, Inc. Further, the warranty does not cover Acts of God, such as fire, flood, hurricanes, and tornadoes.

TofuXpress, Inc. shall not be liable for any incidental or consequential damages caused by the breach of any express, implied or statutory warranty or condition. Except to the extent prohibited by applicable law, any implied warranty or condition of merchantability or fitness for a particular purpose is limited in duration to the duration for the above warranty.

TofuXpress, Inc. disclaims all other warranties, conditions or representations, express, implied, statutory or otherwise.

What are the limits on TofuXpress, Inc.'s Liability?

TofuXpress, Inc. shall not be liable for any damages of any kind resulting from the purchase, use or misuse of, or inability to use the product including incidental, special, consequential or similar damages or loss of profits, or for any breach of contract, fundamental or otherwise, or for any claim brought against purchaser by any other party.

Some provinces, states, or jurisdictions do not allow the exclusion or limitation of incidental or consequential damages or limitations on how long an implied warranty lasts, so the above limitations or exclusions may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights that vary from province to province, state to state or jurisdiction to jurisdiction.

How to obtain Warranty Service

For questions and instructions regarding the manufacturers defect warranty please email Orders@TofuXpress or see www.TofuXpress.com. Customer is responsible for return shipping. All sales outside USA are final.

EAT GREEN PROTEIN®

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