

TOFU AL NATURALE BIO



CODE	96103
COUNTRY OF ORIGIN	Italy, Veneto
WEIGHT	200 g

Tofu produced from organic soybeans grown in Italy

DESCRIPTION

Tofu, also known as soya curd, is a soft cheese-like food made by curdling soya milk obtained from organic soybeans grown in Italy; it is rich in both high quality protein and B-vitamins

APPEARANCE

White in colour with a soft texture, it is vacuum in two single portions pack

TASTE

Delicate and fresh, with a soft and fluffy texture

PRODUCER

Mediterranea - Marostica (VI) - Veneto

OUR SELECTION

The aim of Vegg & Vegan is to offer a large range of vegetable protein food, very nice in taste, with the idea that you can choose a vegetarian (vegan) approach and still enjoy the pleasure of food. The company is strictly focused on quality, starting from the choice of suppliers: only certified organic ingredients, without chemical agents or additives that can affect health or environment, OGM free, frequently controlled by external monitoring organisations. Production is really artisanal to control every step of the process

CURIOSITY

Francesco e la moglie sono stati due pionieri nella produzione di tofu e seitan, iniziarono infatti 20 anni fa la loro avventura in seguito alla scelta di diventare vegani. Oggi Francesco conduce la sua azienda a Marostica (VI) avvalendosi della preziosa collaborazione di 17 giovani ragazzi

SUGGESTIONS

Tofu can be prepared either in savory or sweet dishes, acting as a bland background for presenting the flavors of the other ingredients used; very nice in salads, with rice and vegetables, sliced or in cubes, simply dressed with oil and salt; can be blended to make creams or sauces; try it rolled in breadcrumbs and pan-fried with onions and Shoyu