



TOFU (R)EVOLUTION

ADVENTURES IN GLOBAL FLAVORS
A PLANT-FORWARD RECIPE BOOK
FROM THE HODO KITCHEN

FOUNDED AT THE
FARMERS MARKET AND
STILL STEEPED IN THESE
VALUES- WHOLESOME,
ORGANIC, & SUSTAINABLE,
HODO OBSESSIVELY
CONTINUES TO HANDCRAFT
THE MOST DELICIOUS
PLANT-PROTEIN FOODS.



MOROCCAN CUBES COUSCOUS SALAD



SERVES 2

Scrumptiously aromatic and ready in minutes! These award-winning tofu cubes! Savory marvels made from our delicious organic firm tofu that we chop into bite-sized pieces and then marinate in our own bright-and-pungent version of a classic Chermoula “pesto:” coriander, paprika, garlic, and cumin. Flavors from afar that you’ll want to eat every day.

INGREDIENTS

- 1 (8oz) Hodo **CHERMOULA MOROCCAN TOFU CUBES**
- 2 cups cooked couscous (or quinoa for gluten-free option)
- ¼ cup raisins, soaked & drained
- ¼ cup almonds, chopped, roasted, and salted
- ¼ cup parsley, chopped
- 2 tbsp lemon juice
- salt and pepper to taste

PREPARATION

1. Roast the Hodo Moroccan Cubes at 375F for 20-25 minutes, turning once or twice to brown on all sides.
2. Cook couscous.
3. Toss the Moroccan Cubes with couscous while still warm so the couscous soaks up some of the flavors from the Cubes. Let cool.
4. After cooling, mix in raisins, chopped almonds, chopped parsley, and lemon juice.
5. Salt and pepper to taste.



SMOKY BARBECUE POLENTA

SERVES 2



Sizzlingly smoky and ready in minutes! Memphis wrote the book on barbecue. They make it slow and easy and it's pretty much perfect—not too spicy and not too sweet. We decided to write our own chapter and make a barbecue tofu that's worthy of its Southern roots. We chop our award-winning, protein-packed organic tofu into cubes and then dry rub them with a sizzlingly smoky blend of paprika, garlic, black pepper, and cayenne. Hush-your-mouth delicious!

INGREDIENTS

- 1 (8oz) Hodo **SOUTHERN BARBECUE TOFU CUBES**
- 2 cups cooked polenta
- ¼ cup parsley, chopped
- smoked paprika or powdered sumac
- salt and pepper to taste

PREPARATION

1. Roast the Hodo Southern Barbecue Tofu Cubes at 375F for 20-25 minutes, turning once or twice to brown on all sides.
 2. Make quick polenta or polenta from scratch of your choice.
 3. Portion your polenta into two bowls and season with salt and pepper.
 4. Top your bowls with cooked Barbecue Cubes, parsley, and paprika or sumac for an extra smoky note.
- Enjoy!



HARISSA SUMMER SALAD



SERVES 2

This dish started in the Hodo kitchen, where we were constantly whipping up a fresh harissa sauce to put on our firm tofu for lunch. We loved it so much, we knew we had to make a version we could share far and wide. We chop our delicious, protein rich organic tofu into cubes and then marinate them with a North African harissa sauce that's packed with rich flavor: caraway seeds, garlic, chili peppers, and coriander. **Spicy, complex and absolutely addictive.**

INGREDIENTS

- 1 (8oz) Hodo **SPICY HARISSA TOFU CUBES**
- 1 bag of your favorite salad mix, arugula, baby spinach or kale
- ¼ cup olive oil
- fresh juice of 1 lemon
- ¼ cup of flat Italian parsley leaves
- salt and pepper to taste
- ½ cup toasted pepitas

PREPARATION

1. Place your washed and dried greens in a mixing bowl. Separate and sprinkle the contents of the Harissa Cubes onto your salad.
2. Shake olive oil, lemon juice, salt and pepper in a closed jar to emulsify.
3. Add dressing to salad, pepitas and parsley & toss through.
Enjoy!



GRILLED THAI CURRY NUGGETS



SERVES 2

The real deal in Thai Spices. Grab your fork and thank your lucky stars; our nuggets are pure heaven. To make them, we cut our protein-packed organic firm tofu into bite-sized pieces and fry them up for a chewy texture. We then slow-cook them in a traditional curry blend of bold Thai spices like lemongrass, turmeric and just a hint of cayenne. More delicious news; these nuggets are ready to eat anytime, straight from the pack!

INGREDIENTS

- 1 (8oz) Hodo **THAI CURRY NUGGETS**
- 1 tbsp Olive Oil
- 1 green onion, sliced on the bias from white to green
- 3 sprigs of cilantro, chopped with stem

PREPARATION

1. Assemble nuggets on skewers.
2. Brush with olive oil.
3. Grill or broil skewers for 3-5 minutes.
4. Serve with your favorite dipping sauce.
5. Garnish with herbs!

Enjoy!



FIVE-SPICE NUGGETS VEGETABLE STIR-FRY

SERVES 2

5-Star 5-Spice. We cut our protein-packed organic firm tofu into bite-sized pieces and fry them up for a chewy texture. Then we slow-cook them in an authentic Chinese five-spice blend that infuses them with bold flavor and just a hint of smoky sweetness. More delicious news; these nuggets are ready-to-eat anytime, straight from the pack!

INGREDIENTS

- 1 (8oz) Hodo CHINESE FIVE-SPICE NUGGETS
- 1 tbsp oil
- 10oz celery, sliced
- 10oz red bell peppers, julienned
- 4oz shiitake mushrooms, sliced thinly
- 1 tsp tamari
- 2 tbsp water

PREPARATION

1. Heat oil over high heat in a skillet, add celery and peppers and sauté till just tender.
2. Add mushrooms, tamari and water, then cook for a couple more minutes.
3. Add Five-Spice Nuggets and toss to heat through.



SPICY YUBA NOODLE SLAW



SERVES 4

Spice so nice. “What the heck is yuba?” you might ask. It’s the nutrient-dense layer of cream we lift off heated soy milk and turn into a nutty, protein-packed dream of a “noodle.” We hand-cut our yuba into strips and toss with a zesty homemade teriyaki sauce. Outrageously delicious with just the right level of spice, these protein-rich noodles are ready-to-eat right out of the package.

INGREDIENTS

- 2 (8oz) Hodo **SPICY YUBA NOODLES**
- ½ head red cabbage, thinly shredded
- ½ cup herbs (parsley, green onions)
- 2 tbsp rice vinegar
- chili flakes to taste
- sesame seeds to taste

PREPARATION

1. Toss cabbage with Hodo Spicy Yuba Noodles.
2. If you want the slaw wetter, add rice vinegar to taste, and if you want it spicier, add more chili flakes. Sprinkle with chopped parsley, green onions and sesame seeds.
3. Toss together, let it sit in the fridge for a couple of hours to come together. You can make this ahead of time and keep in the fridge for a couple of days, as well.
4. Serve cold. Use as a condiment, salad, or filling for sandwiches and wraps.



SWEET & SOUR HODO TOFU VEGGIE BURGER



SERVES 4

Simple, but ridiculously tasty. There's no mish-mash of fillers here - just Hodo kitchen's inspired recipe starring our high-protein organic firm tofu, veggies, and shiitake mushrooms for an umami-rich punch of flavor. Ready for your grill any day of the week, or mix it up, and rouch chop it for a stir-fry or stew!

INGREDIENTS

- 1 (8oz) (2-4oz patties) Hodo Tofu Veggie Burger, cut into 1 inch cubes
- 2 medium yellow onions, sliced
- 1 cucumber, peeled, seeded, and cubed
- 1 cup pineapple, cubed
- 2 tbsp ketchup
- 2 tbsp water
- 1 tsp cornstarch
- salt, sugar and white pepper to taste
- a pot of steamed rice or grain of your choice

PREPARATION

1. Sauté onion till just translucent.
2. Add cucumber, pineapples and Hodo Tofu Veggie Burgers and saute till warmed through.
3. Add ketchup and season with salt, pepper, sugar to taste.
4. Make a slurry with the cornstarch and water, then add to skillet, turn off heat, and cover for a couple of minutes.
5. Serve with steamed rice and enjoy!



CRISPY TOFU CUBES



SERVES 4

What makes Hodo Tofu different? Ask anyone who's tried our firm tofu and they'll tell you the same thing: it's outrageously delicious. Here's why: we make it the traditional way - by hand, fresh every time - with higher-protein soymilk that's super rich and extra creamy. That means our tofu has more complexity and a depth of flavor that makes it really hard to eat any tofu that's not Hodo. It's also the most talked about tofu, featured in the New York Times, Women's and Men's Health, Bon Appétit, Food52 and more. And oh, did we mention it's an excellent source of protein and calcium?

INGREDIENTS

- 2 (10oz) Hodo Firm Tofu, cut into 1 inch cubes
- 1 tbsp black pepper, ground
- 1 tbsp sea salt
- 2 tbsp garlic powder
- 3 tbsp sugar
- ¼ cup water
- 1 quart frying oil (unless you are airfrying)

PREPARATION

1. Mix all ingredients together to make a thin slurry.
2. Add tofu and gently toss to marinade 5 minutes. Drain.
3. Heat oil in fryer - 375F. Drop in tofu and fry until golden brown, about 5 minutes. (or try this in the air fryer!)
4. Serve with your favorite dipping sauce!



GRILLED PINEAPPLE MEXICAN ADOBO TACOS



MAKES 6 TACOS

A Mexican spice fiesta. These “meaty” organic crumbles are marinated in a rich and zesty blend of traditional Mexican flavors: chipotle adobo, oregano, and a squeeze of lime. ¡Sabroso!

INGREDIENTS

- 1 (10oz) pack of Hodo **ADOBO MEXICAN CRUMBLES**
- 6-12 small corn tortillas (12 if you like to double up!)
- 1 can of refried beans
- 8oz pineapple, cubed and grilled
- 1 large avocado, sliced
- 1/4 cup cabbage, shredded
- 3 red radishes, thinly sliced
- 5 sprigs of cilantro
- pico de gallo
- 2 limes, quartered
- 2 tbsp crumbled cheese
- hot sauce of your choice

PREPARATION

1. Prepare the veggies: chop, slice, and shred.
2. Open up your pack of Hodo Adobo Mexican Crumbles and saute in a pan with some oil.
3. Heat through to the desired texture, just a few minutes.
4. Heat your beans in a separate saucepan.
5. Heat your tortillas in a skillet and set them aside wrapped up in a cloth to keep warm/moist.
6. Spread beans on first, then add the crumbles, cabbage and other toppings.

Enjoy!

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