



Clearspring



ORGANIC TOFU

SILKEN & SMOOTH

RECIPES



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Curried Scrambled Tofu

Serves 4 - Preparation time: 15 mins

Ingredients:

- 800g [Clearspring Silken Tofu](#)
- 2 tbsp [Clearspring Sesame Oil](#)
- 3 tsp curry powder
- 3 tsp turmeric powder
- 3 tbsp [Clearspring Yaemon Tamari](#)
- 25g ginger root (grated and squeeze out juice)
- 1 lime
- 110g kale leaves (stripped and roughly chopped)
- 1 medium carrot (peeled and finely sliced matchstick-style)
- 2 spring onions (trimmed and finely sliced)
- 1 medium onion (finely chopped)

Method:

1. Drain your tofu block and place in a bowl. Break the block up into a scrambled texture with your hands. Keep squeezing it through your hands until it is well scrambled.
2. Heat up your sesame oil in a frying pan and add your onions with a good pinch of fine sea salt. Fry on a medium heat until they turn translucent. Then add your carrot sticks and kale leaves and with a spatula in each hand begin to mix it all together well.
3. Now add your tofu scramble and another pinch of sea salt along with your turmeric and curry powder spices.
4. Mix everything together. Keep folding everything in so that all the tofu pieces and veg are coated in spices. If it gets too dry add a little water to allow it to steam and soften.
5. Once everything is mixed in well and the tofu is softening, add your tamari. After about 7min of cooking add the lime juice and ginger juice and stir. Turn off the heat and serve with a garnish of fresh spring onions.

Recipe, photography & styling by Nicky Clinch - www.nickyclinch.com

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Creamy Tofu Tomato Carbonara

Serves 2 - Preparation time: 15 mins

A creamy bowl of comfort food. Whether you are carb loading for your next run or want a bowl of delicious spaghetti with no dairy products, this is the one for you! A really easy, simple recipe to make on a busy day.

Ingredients:

- 1 pack [Clearspring Organic Japanese Tofu - Silken & Smooth](#)
- 1 jar [Clearspring Demeter Organic Italian Pasta Sauce - Basilico](#) - (all our pasta sauces will work too)
- 200g spaghetti
- Handful of fresh rocket
- [Clearspring Organic Italian Extra Virgin Olive Oil](#)
- [Clearspring Organic Japanese Yaemon Tamari Soya Sauce - Double Strength](#)
- [Clearspring Traditional Unrefined Sea Salt](#)

Method:

1. Open the pack of tofu, drain the water and add the block of tofu to a blender and blend until smooth. Open and add the jar of tomato sauce and blend until both the sauce and the tofu is mixed well.
2. Bring a large pot of water to the boil, add the salt and cook your spaghetti to the instructions on the pack.
3. Once the spaghetti is cooked, drain it and leave it in the colander or sieve. Give the pot a quick rinse and add the sauce from the blender and place on the hob at a medium heat. Add Yaemon Tamari soya sauce
4. Add the spaghetti to the heated sauce and mix well, drizzle some olive oil and serve on to two plates.
5. Add a small handful of rocket on top. Enjoy straight away.

Recipe by the Clearspring Kitchen



Gazpacho Salad with Silken Tofu

Serves 2 - Preparation time: 30 mins

Ingredients:

- 250g cherry tomatoes, halved
- 1/2 cucumber, chopped into 2cm angled pieces
- 75g maftoul (couscous, quinoa etc will also work well.)
- 1 tsp bouillon powder
- 2 garlic cloves, peeled & thinly sliced
- 1 stick celery, trimmed & finely sliced
- 2 spring onions, trimmed & thinly sliced
- 1 red pepper, de-seeded & thinly sliced
- 25g sriracha
- 1/4 tsp dried chilli flakes
- 1 avocado, chopped into chunky pieces
- 1 lemon
- 300g pack [Clearspring Organic Japanese Tofu - Silken & Smooth](#)
- 20g basil, roughly torn
- 50g watercress

Method:

1. Mix the tomatoes & cucumber in a large bowl with 1/4 tsp of salt. Set aside.
2. Put the maftoul & bouillon in a medium saucepan. Add twice the volume of boiled water to maftoul. Bring to a low boil & cook for 14-15 mins.
3. Heat a thin layer of oil in a frying pan. Fry the garlic for 30-60secs, until it turns a light golden colour. Take care it doesn't burn. Scoop onto a plate.
4. In a small bowl, mix the sriracha with 2 tbsp of olive oil. Season to taste. Add a pinch of chilli flakes if you like.
5. Chop avocado into chunky pieces. Squeeze over a little lemon juice to stop it discolouring (approx. 1 tsp). Drain the tofu. Chop into 1-2cm chunks.
6. Stir the watercress into the cooked maftoul to wilt it slightly. Add a drizzle of olive oil & season. By now the tomatoes & cucumber should have released a little of their moisture, which makes the base for your salad dressing. Toss in the pepper, celery, spring onion, avocado, tofu, 3/4 of the basil & the sriracha dressing. Season.
7. Pile up 2 serving bowls with the maftoul & tomato salad, sprinkling with the garlic & remaining basil to finish

Recipe, photography & styling by Riverford - www.riverford.co.uk

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Tofu Pad Thai Salad

Serves 2 - Preparation time: 15 mins

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The secret of a good Pad Thai is to make a sauce that has a good balance of sweetness and sourness. This recipe combines lime juice, tamarind and rice malt syrup to create that delicious contrast. For the perfect work packed-lunch, take the dressing in a separate pot and pour over the noodle salad just before eating.

Ingredients:

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For the dressing

- 1 tbsp lime juice (about ½ lime)
- 1 tsp tamarind paste
- 1 tbsp [Clearspring Yaemon Tamari](#)
- 2 tsp [Clearspring Rice Malt Syrup](#)

For the Salad

- 100g [Clearspring Organic Brown Rice Noodles](#) – rehydrated as per packet instructions
- 1 red pepper – de-seeded and cut into strips
- 2 spring onions – one cut into slices, the other cut into thin strips
- 5 or 6 stalks of coriander – roughly chopped
- ½ red chilli - finely sliced
- ½ block [Clearspring Silken Tofu](#) – cut into 1 cm cubes
- 20g roasted peanuts* – lightly crushed
- Extra coriander leaves to serve

Method:

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1. Place all the ingredients for the dressing into a small bowl or jam jar and whisk or shake to mix well.
2. Mix the noodles, pepper, spring onions, coriander and chilli well.
3. Add the dressing and toss to coat the noodles.
4. Add the tofu and gently mix one last time.
5. Garnish with the crushed peanuts and a few extra coriander leaves.

*Make it nut free by substituting half a packet of Clearspring Snack Organic seed mixes in place of the peanuts.

Recipe, photography & styling by Helen Best-Shaw - www.fussfreeflavours.com

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Kale & Tofu Stir Fry with Crunchy Miso Ginger Dressing

Serves 2 - Preparation time: 30 mins

Ingredients:

For the stir fry

- 1 pack [Clearspring Silken Tofu](#)
- 1 clove of garlic
- 1 small chunk of ginger
- 1 leek
- 1 small aubergine
- 1 bag curly kale
- 20g pumpkin seeds (unsalted)
- 20g raw almonds (unsalted)

- 20g raw cashews (unsalted)
- 20g sunflower seeds (unsalted)
- 1tbsp Clearspring Toasted Sesame Oil

For the dressing

- 1 tbsp [Clearspring Brown Rice Miso Paste](#) (heaped)*
- 1 tbsp [Clearspring Rice Malt Syrup](#)*
- 1 tbsp [Clearspring Tamari Soya Sauce](#)*
- 1 tbsp red wine*

*Mix well before cooking

Method:

1. Fry finely chopped garlic and ginger with Clearspring Toasted Sesame Oil
2. Fry chopped aubergine and leek
3. Lightly roast the pumpkin seeds, almonds, cashews, and sunflower seeds in a separate pan, then add to the frying pan
4. Add the well mixed Miso, Malt Syrup, Tamari and wine seasoning to the frying pan
5. Add diced tofu, mix gently and cook just enough to warm it up
6. Add a few drops of Clearspring Toasted Sesame Oil
7. Serve the stir fry on a bed of lightly boiled green kale

Recipe by the Clearspring Kitchen

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Tofu Asparagus with Umami Rich Miso Sauce

Serves 2-4 (as a side dish) - Preparation time: 15 mins

Ingredients:

- 1 pack [Clearspring Organic Japanese Tofu - Silken & Smooth](#)
- 2 tsp [Clearspring Organic Sesame Oil](#)
- 1 tbsp grated ginger
- 1 clove of garlic - sliced
- A handful of asparagus or a bunch of any other green vegetables
- 1 tbsp [Clearspring Organic Mikawa Mirin](#)
- 1 tbsp [Clearspring Organic Japanese Brown Rice Vinegar](#)
- 1 tsp maple syrup
- 1 tbsp [Clearspring Organic Japanese Brown Rice Miso Paste - Unpasteurised](#)

Toppings

- For the dressing
- 3 tbsp [Clearspring Organic Italian Extra Virgin Olive Oil](#)
- 1 tbsp [Clearspring Organic Japanese Yaemon Tamari Soya Sauce - Double Strength](#)
- A sprinkle of [Clearspring Organic Atlantic Sea Salad](#)
- A sprinkle of toasted sesame seeds
- ½ spring onion - sliced
- ½ red chilli

Method:

1. In a large frying pan, heat the sesame oil over medium heat, then add ginger and garlic. Take the ends off the asparagus and add to the frying pan. Let it cook till it is tender - 2-5min depending on the thickness of the asparagus or any other green vegetables. Add a splash of water if it is still hard. Place asparagus on a large plate once cooked.
2. In a jar, mix all the dressing ingredients. Chop up the spring onion and chilli - to be added as a garnish at the end.
3. Open the tofu pack, drain the water and place on the chopping board. Cut the tofu into 1-2cm blocks. Using your hands, carefully place the tofu on top of the asparagus. Sprinkle the garnish, then pour a generous amount of the dressing.

Recipe by the Clearspring Kitchen

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Traditional Miso Soup

Serves 2-3 - Preparation time: 5 mins - Cooking time: 15 mins

Miso soup is a kitchen staple in Japan. Everywhere you go you will see people enjoying a bowl of miso soup for breakfast, lunch and dinner. Here, you will find the basic method for making your own miso soup. You can add any green or root vegetables and Clearspring Udon noodles to make it into a pot dish as well. Create your simple homemade fresh Miso soup by following these simple steps.

Ingredients:

For the Dashi (stock)

- 1ltr water
- Cut a 5cm strip of [Clearspring Kombu](#)
- 1 dried [Clearspring Shiitake Mushroom](#)

For the soup

- 1 tbsp [Clearspring Wakame](#)

- 1 pack [Clearspring Organic Silken Tofu](#)

- 1 finely chopped spring onion

For the soup

- 2-3 tbsp [Clearspring Organic Barley Miso](#) to taste

Method:

Soak the Dashi for at least 30 minutes or longer in cold water; bring to boil, then remove the Kombu seaweed. If you'd like to add vegetables, add these now and cook until your desired softness. Add the rest of your ingredients and let it cook for a few more minutes, remove from the heat and add your miso*.

***There are many ways of adding the miso into your soup. Here are a few ways:**

1. You can have the miso in a separate bowl, dilute it with your dashi water and then pour it back into the soup.
2. You can place the miso in a miso sieve and mix it into your pot.
3. Simply ladle the miso into your pot and mix the paste on the ladle with a spoon or chopsticks.

***Tip:** Do not let your soup boil after you have added the miso - as this will kill the live enzymes and probiotics.

Recipe by the Clearspring Kitchen

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Vegan Tofu “Cheese” Cake

Serves 6-8 - Preparation time: 45 mins

Ingredients:

Base

- 100g oats
- 1 tbsp [Clearspring Hazelnut Oil](#)
- 2 tbsp [Clearspring Rice Malt Syrup](#)

Topping

- 120ml organic apple juice
- ½ tbsp [Clearspring Kuzu](#)
- 150g cherries, pitted

- ½ tbsp [Clearspring Rice Malt Syrup](#)

Filling

- 100ml organic apple juice
- 3 tbsp [Clearspring Agar Flakes](#)
- 1-2 tbsp [Clearspring Rice Malt Syrup](#)
- 1 pack [Clearspring Silken Tofu](#)
- 2 tubs [Clearspring Apple Puree](#)
- ½ vanilla pod, seeds only

Method:

Base

1. Preheat the oven to 200°C/gas mark 6.
2. Bake the oats in the oven for ten minutes, stir and cook for a further 10 minutes, or until golden brown.
3. Heat the oil and syrup over a low heat until the syrup is thinner and more fluid. While the syrup is heating, blend the oats in a food processor to a sandy consistency, then pour in the syrup mixture and pulse until all the ingredients are perfectly blended.
4. Tip the mixture into a 20cm spring-form cake tin lined with baking paper, and push down into an even layer.

Topping

1. Put the apple juice and kuzu in a pan and stir until melted.
2. Heat following the pack instructions and then add the cherries and syrup and cook for a couple more minutes.

3. Take off the heat and allow to cool down stirring every now and then - the cherries will give the sauce a vibrant red colour.

Filling

1. Put the apple juice in a pan and sprinkle over the agar. Heat following the pack instructions. Then, once the juice has thickened, add the malt syrup.
2. Blend the rest of the ingredients together to a smooth paste, add the agar mix and stir thoroughly. Pour on top of the base and allow to chill for at least two hours - preferably overnight.

To serve, remove the cheesecake from the tin, peel off the baking paper and transfer to a serving plate. Spoon over the cherry sauce and enjoy.

[Recipe](#) by Celia Plender

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Tofu Raspberry Mousse

Serves 4 - Preparation time: 15 mins

Ingredients:

- 125g (1 cup) fresh raspberries
- 60ml (¼ cup) water
- 300g packet [Clearspring Silken Tofu](#)
- 80ml (⅓ cup) maple syrup
- 1 vanilla pod, seeds scraped (or ½ tsp vanilla extract)
- 80ml (⅓ cup) [Clearspring Coconut Cream](#)
- Fresh fruit, to serve

Method:

1. Combine the raspberries and water in a high-speed blender until all the raspberries are broken down.
2. Add rest of the ingredients to the blender and blitz until very smooth. This will take about 3-6 minutes, depending on the speed of your blender.
3. Divide the mixture into individual serving dishes and chill for at least 2 hours. Garnish each portion with fresh fruit (we used blueberries and raspberries), before serving.



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Clearspring's award-winning Tofu is a delicious organic, high-protein and low-fat food that tastes as good as the fresh tofu made in Japan. It is ready to enjoy straight from the pack and is extremely versatile - perfect for use in numerous savoury and sweet dishes.

Our producer has been dedicated to perfecting Tofu since 1973 and produces Clearspring's unique-recipe tofu using only 3 ingredients: fresh water, whole soya beans and nigari (a naturally occurring mineral-rich coagulant derived from seawater).

We have always focused on developing new innovative organic foods which combine tradition with convenience, economical production with ecological sustainability and quality without compromise. It took several years to develop this creamy smooth Long Life Organic Tofu in line with these principles. We hope you enjoy it!

**HIGH
PROTEIN**

**LOW
FAT**

**GLUTEN
FREE**

**READY
TO EAT**

VEGAN

Discover more delicious Clearspring products and recipes at:

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