



## Phenomenal Philly Cheesy Tofu "Steak" Sammie

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 20 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**chop:** to cut something into small, rough pieces using a blade.

**toast:** to brown and crisp food in a heated skillet or oven, or in a toaster.

**deglaze:** to pour a liquid, like stock or wine, into a pan to loosen the caramelized bits of roasted meat or vegetables to make a gravy or sauce.

### Equipment

- ☐ Skillet
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Measuring spoons
- ☐ Wooden spoon
- ☐ Rubber spatula

### Ingredients

Phenomenal Philly Cheesy Tofu "Steak" Sammie

- ☐ 12 to 14 hot dog buns or hoagie rolls \*\*(for GLUTEN ALLERGY sub gluten-free/nut-free buns)\*\*
- ☐ 1 green bell pepper \*\*(for NIGHTSHADE ALLERGY sub 1 heaping C button mushrooms)\*\*

- ☐ 1/2 yellow onion
- ☐ 1 block extra firm tofu **\*\***(for SOY ALLERGY sub 1 large eggplant)**\*\***
- ☐ 2 tsp Italian seasoning
- ☐ 1 tsp garlic powder
- ☐ 1/2 tsp mild chili powder **\*\***(for NIGHTSHADE ALLERGY sub ground mustard)**\*\***
- ☐ 1 vegetable bouillon cube **\*\***
- ☐ 1 T vegetable oil **\*\***
- ☐ 2 T apple cider vinegar
- ☐ 4 oz or 1 C Swiss cheese, grated **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free Swiss or other cheese)**\*\***

## Food Allergen Substitutions

### Phenomenal Philly Cheesy Tofu "Steak" Sammie

**Gluten/Wheat:** Substitute gluten-free/nut-free hot dog buns or hoagie rolls.

**Nightshade:** For 1 green bell pepper, substitute 1 heaping C button mushrooms. Substitute ground mustard for mild chili powder.

**Soy:** For 1 block extra firm tofu, sub 1 large eggplant. Substitute canola oil or other nut-free oil for vegetable oil.

**Gluten/Soy/Nightshade:** Check bouillon label for possible allergens and omit if necessary.

**Dairy:** Substitute dairy-free/nut-free Swiss or other cheese.

## Instructions

### Phenomenal Philly Cheesy Tofu "Steak" Sammie

#### intro

A Philly cheesesteak is a classic American sandwich. Originally, it was created by two brothers, Pat and Henry Oliveri, in the 1930s as a street food alternative to hot dogs. The sandwich consists of sliced beef, green peppers, onions, and Swiss cheese, all on a toasted bun. Our SFC version of the Philly cheesesteak will replace the steak with tofu but keep every other detail true to the original. Let's get chopping!

#### toast

In a dry skillet, toast **12 to 14 buns or rolls** over medium-high heat until lightly browned. Remove them from the skillet and set on a cutting board or plate for later.

### chop + measure

Dice **1 green bell pepper**, **1/2 yellow onion**, and **1 block of extra firm tofu**. Add the chopped ingredients to the skillet over medium heat. Measure and add **2 teaspoons Italian seasoning**, **1 teaspoon garlic powder**, **1/2 teaspoon mild chili powder**, **1 vegetable bouillon cube**, and **1 tablespoon vegetable oil**. Stir to combine and break up the tofu into small bits.

### superstar food spotlight

Tofu is an amazing superstar food. It is eaten in many different ways and is a staple of many Asian cultures. How is this superstar made? It's actually very similar to making cheese. First, soybeans are soaked in water, ground, and boiled. From there, the mixture is separated into solid soy pulp and soy milk. Then, many different things are added to the soy pulp, such as salt, calcium, and magnesium, to help the soy develop the soft, spongy tofu texture we are familiar with. The last two steps are to press the soy pulp mixture into a mold (usually a square). There are many different types of tofu, such as extra firm, firm, soft, and silken. These varieties are determined by how much tofu is pressed into the mold. More tofu in the mold will result in a firmer block of tofu. Finally, the tofu is soaked in cold water, packaged, and shipped off for us to cook.

### sauté + deglaze

Sauté the tofu mixture for 15 minutes over medium heat, stirring frequently. The bottom of the skillet will be browning and collecting a bit of the mixture. That's okay! Add **2 tablespoons of apple cider vinegar** to the skillet and, with a wooden spoon, scrape the bottom of the skillet to deglaze the pan. Stir for 5 minutes or until the apple cider vinegar has mostly evaporated. Deglazing is when you add an acidic ingredient to a pan to remove the brown bits stuck to the bottom of your pan. This action adds tons of flavor to your dishes instead of leaving all the flavor behind, stuck to the bottom of the pan.

### grate + sprinkle

Grate **1 cup Swiss cheese**. Sprinkle the cheese into the skillet and turn the heat off. Stir until the cheese is melted and incorporated into the tofu mixture. This is the filling for the Philly cheesesteaks!

### fill + serve

Fill each bun or roll with a heap of the Philly filling! Serve! Eat! Enjoy!

## Featured Ingredient: Tofu!

Hi! I'm Tofu!

"I'm also called "bean curd" because Tofu (TOH-foo) is made from soybeans. I'm a great substitute for meat and eggs in many recipes, while my spongy texture absorbs the flavors of a dish's marinade, sauce, or seasoning!"

History & Etymology

Sources disagree on when the making of tofu began. Some say it was discovered about 2,000 years ago in China during the Han dynasty, and some say it was closer to 1,000 years ago. Legend says that Prince Liu An found the process for making tofu during the Han dynasty. Whether he did or the invention was just attributed to him, the Han dynasty tofu may not have resembled what we have now.

Another theory for tofu's discovery is ascribed to the addition of impure sea salt to a boiled soybean mixture that caused the concoction to curdle. Some also believe the credit goes to borrowed milk-curdling techniques from the Mongolians or East Indians.

Zen Buddhist monks introduced "Chinese tofu" to Japan in the late 8th century, where it was used as a replacement for meat and fish. Chinese immigrants brought tofu to Southeast Asia sometime between the 10th and 11th centuries.

In the United States, tofu was first mentioned by Benjamin Franklin in letters written to two different people. He had tried it in London and referred to it as Chinese "cheese" made from soybeans.

The first tofu factory in the United States was established in 1878. The oldest currently running tofu company is Ota Tofu in Portland, Oregon, founded in 1911.

The word "tofu" comes from the Japanese "tōfu," from the Chinese "dòufu," from "dòu" ("beans") and fǔ ("rot").

## How to Select & Eat

The types of tofu you can buy are silken or soft, medium (regular or medium-firm), firm, and extra firm. Silken or soft tofu has not been pressed and has a higher moisture content than firmer tofu. It is similar to yogurt or pudding or a soft, early cheese. You can use it to make smoothies or as a replacement for eggs. Medium tofu is a popular type, referred to as just "tofu" on some labels. It has a porous texture that is good for mopping up sauces.

Firm tofu has been drained and pressed but still has a high moisture content. Its outside texture is similar to raw meat, and when you press it, it will bounce back. The inside is similar to a firm custard. Firm tofu is versatile to cook and can be pan-fried, deep-fried, or stir-fried.

Extra-firm tofu has had a larger amount of liquid pressed out, and its texture is closer to fully-cooked meat. Therefore, it is a suitable replacement for meat and can be pan-fried, deep-fried, or stir-fried. You can also serve it cold or add it to soup. Extra-firm tofu does not absorb liquid as well as firm tofu, so if you use a marinade, choose medium or firm tofu.

Tofu benefits from being frozen before cooking. Freezing tofu removes more of the liquid and gives it a stronger, firmer, and more meat-like texture. When you cook with frozen tofu, it will not fall apart as easily. Freezing also helps tofu to last longer, and it works with most forms but may be more difficult with the silken type.

To freeze tofu, drain the liquid from the package, then remove the block and gently squeeze out any remaining liquid with a paper or kitchen towel (you do not need to press it). Cut it into the size needed for your recipe. If you will be using a portion of a tofu block, separate what you are using, then put the pieces, not touching, on a tray covered with plastic wrap. After the tofu freezes, in about five hours or overnight,

you can transfer it to a freezer-safe airtight container or bag. Frozen tofu may not need to be thawed before cooking, depending on your recipe. If you want to thaw it first, let it sit in the refrigerator for a few hours or overnight, or if needed more quickly, run warm water over it.

## Nutrition

Tofu is high in protein, which makes it a great meat substitute. Firm tofu has more protein than silken or soft tofu. It also has a higher fat content.

Tofu is considered a complete protein, containing all nine essential amino acids.

Tofu has a good amount of calcium, iron, potassium, and manganese. It can help strengthen bones, lower cholesterol, and prevent coronary heart disease.

People allergic to soy should not consume tofu, which is made from soybeans.