

Clearspring

Clearspring Organic (Nigari) Tofu

Taste the difference

The UK's first organic ambient tofu made with the natural setting agent Nigari

New Product available Jan 1st 2011

Clearspring is launching the UK's first organic long life nigari tofu which does not need to be refrigerated, but tastes as fresh as though it was made this morning. Conveniently presented in ambient tetra pack style packaging. Now you can always have tofu in your kitchen cupboard for feeding the family or for entertaining impromptu guests.

Clearspring Organic Tofu is made with just three ingredients;

- Whole soya beans that are fully traceable and EU certified,
- Spring water from Mount Fuji,
- Nigari, a naturally occurring mineral rich coagulant derived from sea water.



Made without using any soy protein isolates, artificial water- retaining coagulants, GM soy or preservatives, this unique protein rich food has the potential to change the way we view tofu in the UK.

Clearspring Organic Tofu is denser and richer than other soft tofu and has a silky soft, smooth texture whilst maintaining firmness. This firm structure makes Clearspring Tofu much more versatile than other silken tofu so you can incorporate it into your favourite savoury or sweet foods for breakfast, lunch or dinner. In fact Clearspring Organic Tofu is so good you can eat it straight out of the pack; just add a dash of Clearspring organic Tamari Soya Sauce, a little grated ginger and some thinly sliced spring onion for a simple, delicious and healthy dish. (There are lots more delicious recipes available on our website.)

Clearspring Organic Tofu boasts a multitude of health benefits. It has a high protein content, is low in fat, and is dairy, lactose and gluten free. Research has shown that eating at least 25 grams of soy protein a day, as part of a diet low in saturated fat, may help reduce cholesterol in the blood and reduce the risk of heart disease.

Christopher Dawson, Founder of Clearspring says; "Tofu is probably the most user friendly and versatile of all vegetarian foods. Our organic tofu is perhaps the first tofu which can be eaten both straight from the pack and used in cooking. It is very easy to use and tastes as good as fresh tofu".

RSP: £1.85 for 300g (Prices accurate as of October 2010)

If you would like images, samples or more information, please do not hesitate to get in touch with Margreet Westerhuis on margreet@clearspring.co.uk or call mobile +44 (0)791 782 3252. You can also find more information on our website; <http://www.clearspring.co.uk>

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Price comparison with fresh tofu in the current UK market (Accurate as of December 2010)

Cauldron Organic Tofu 250g RSP £1.67

Taifun Organic Tofu 225g RSP £1.89

Tofu Recipes:

Non-Dairy Tofu Cake

Who says vegans have to miss out on brilliant baking? Try this temptingly smooth tofu cake with a rich cherry topping for a delicious treat.

Base

100g oats

1 tablespoon Clearspring Hazelnut Oil

2 tablespoon Clearspring Rice Malt Syrup

1. Preheat the oven to 200C and then toast the oats until golden brown, stirring when necessary. This will take about 20 minutes.
2. Heat the oil and syrup in a pan and while it is heating, blitz the oats in a food processor to a sandy consistency.
3. Add the syrup mixture to the food processor to form a sticky mix.
4. Put this in an even layer in your tin (15cm wide) and allow to cool.



Topping

120ml organic apple juice

½ tablespoon Clearspring Kuzu

150g cherries, stoned

½ tablespoon Clearspring Rice Malt Syrup

1. Put the apple juice and kuzu in a pan and then stir until melted.
2. Heat following the pack instructions and then add the cherries and syrup in the last 2 minutes of cooking.
3. Allow to cool down stirring every now and then. The colour of the cherries will bleed into the sauce.

Non-Dairy Tofu Cake (continued)

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Filling

100ml organic apple juice
3 tablespoons Clearspring Agar Flakes
1-2 tablespoons Clearspring Rice Malt Syrup
1 pack Clearspring Tofu
2 tubs Clearspring Apple Puree
½ vanilla pod, seeds only
2tbsp tahini

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

Miso Soup with Tofu

The classic Japanese miso soup with fresh tofu.

Serves 4

Ingredients

1.5 litres dashi
4 Clearspring Shiitake mushrooms, soaked and thinly sliced
1 packet **Clearspring Organic Tofu**
Handful Clearspring Instant Wakame Flakes
3-4 tablespoons Clearspring Organic Barley, Organic Hatcho or Organic Brown Rice Miso, to taste



Method

1. Make the dashi: to prepare a basic dashi, soak two 15cm pieces of Clearspring Kombu and three dried shiitake or maitake mushrooms in about 2 litres of water for at least 15 minutes. Remove the mushrooms, and thinly slice the caps. Then return them to the water, bring it to the boil and simmer gently for 10 minutes. Remove the kombu and keep it to use for cooking as a condiment or with beans.
2. Bring the liquid and mushrooms to a boil in a medium sized pan, then lower the heat to medium and simmer for 5 minutes.
3. Add the wakame and simmer until tender. Just before turning off the heat, add the tofu, cut into bite-sized blocks.
4. In a bowl, dilute the miso in a little bit of broth, then add it to the soup. Allow the flavour to mingle briefly before serving.

Ends

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Notes to Editors:

Clearspring is a privately owned UK company established in the 1980's to distribute great-tasting foods that support good health, promote sustainable agriculture, and provide economic stability for producer communities.

You will find that each of our food products has a distinct flavour and quality that comes from using the finest quality ingredients and respecting local food traditions. We always work directly with our producers, building long-term partnerships of ethical trade that support sustainable organic farming and benefit local communities.

There are two distinct groups of products at Clearspring; Authentic Japanese products which have been developed over the centuries by master artisan producers, as well as a European organic range which consist of premium organic foods produced by dedicated specialists.



All Clearspring products adhere to the Brand Promise

- Organic / premium quality Japanese / Oriental and European foods.
- Authentic and traditional recipes developed by master artisan producers.
- 100% vegetarian and vegan foods and ingredients.
- Wholesome and great tasting daily foods for optimum nutrition.
- No artificial additives, MSG, colourings, preservatives or added refined sugar.
- Ethically sourced foods which support producer communities.
- Made using environmentally sustainable and non-GM ingredients.

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