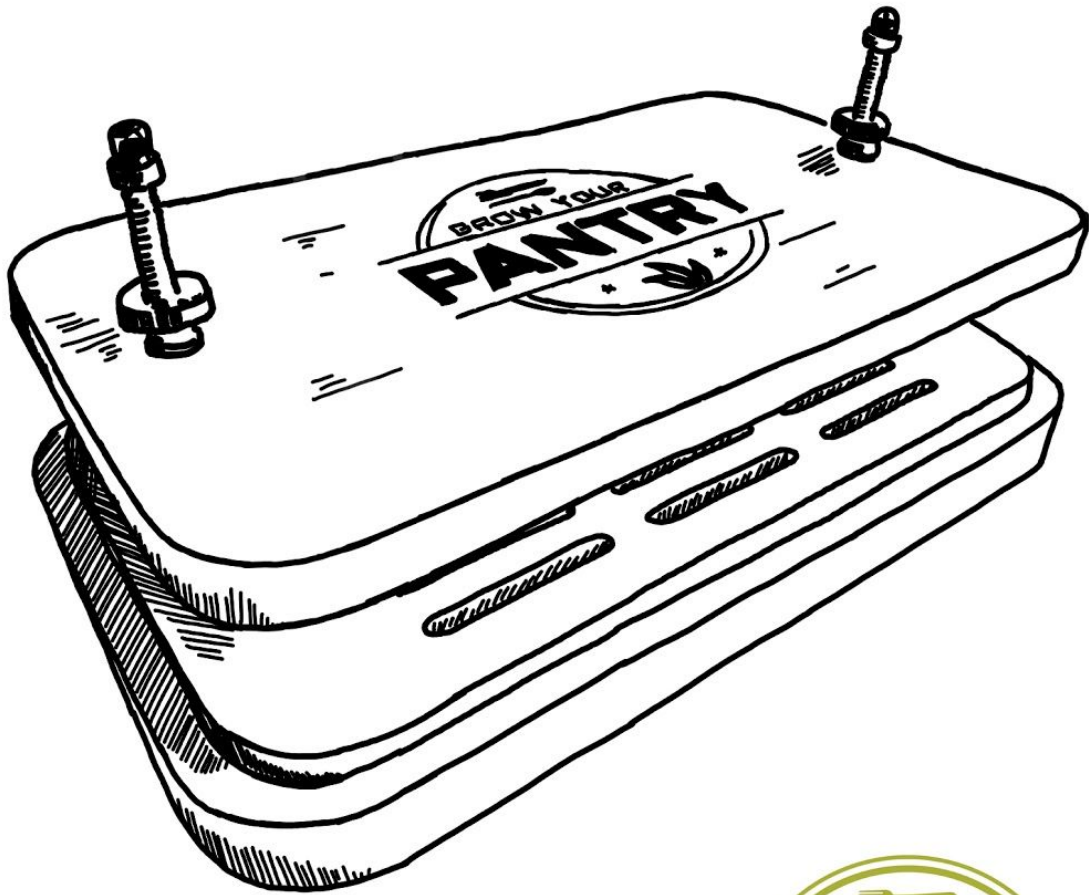


# Tofu Press

Instruction Manual



# Thank you!

## Welcome to the Grow Your Pantry Family.

We are thrilled you have chosen to buy our product and reconnect with your food.  
Here at Grow Your Pantry, our mission is simple; we want to help 2,000,000, yes, million people reconnect with their food!

What does this mean? From planting the first seed to eating a sandwich, we want people to feel involved with every stage of life of their food, reconnecting with themselves in the process.

With a growing virtual world, we truly believe individuals and collectives can empower themselves physically, mentally and spiritually through nature and nutrition. Oh! and not to mention financially!

Some awesome person once said:

"Growing your own food is like printing money"

We agree and want to help bridge the gap for people who don't know where to begin.  
This purchase and your choice to buy this product means supporting us and helping us reach more people and maybe helping them with this message.

So, again,

Thank you!

## Online Resource Centre;

We want to help every customer to our family with information about their new product.  
Looking for tofu recipes? Not sure how to store your tofu?  
Find answers to these questions and many more on our website in the tofu section:

<https://growyourpantry.com/blogs/tofu>

If you are not happy, we are not happy and we need to hear from you to improve,  
please contact us on our email here for help or to share your experience:

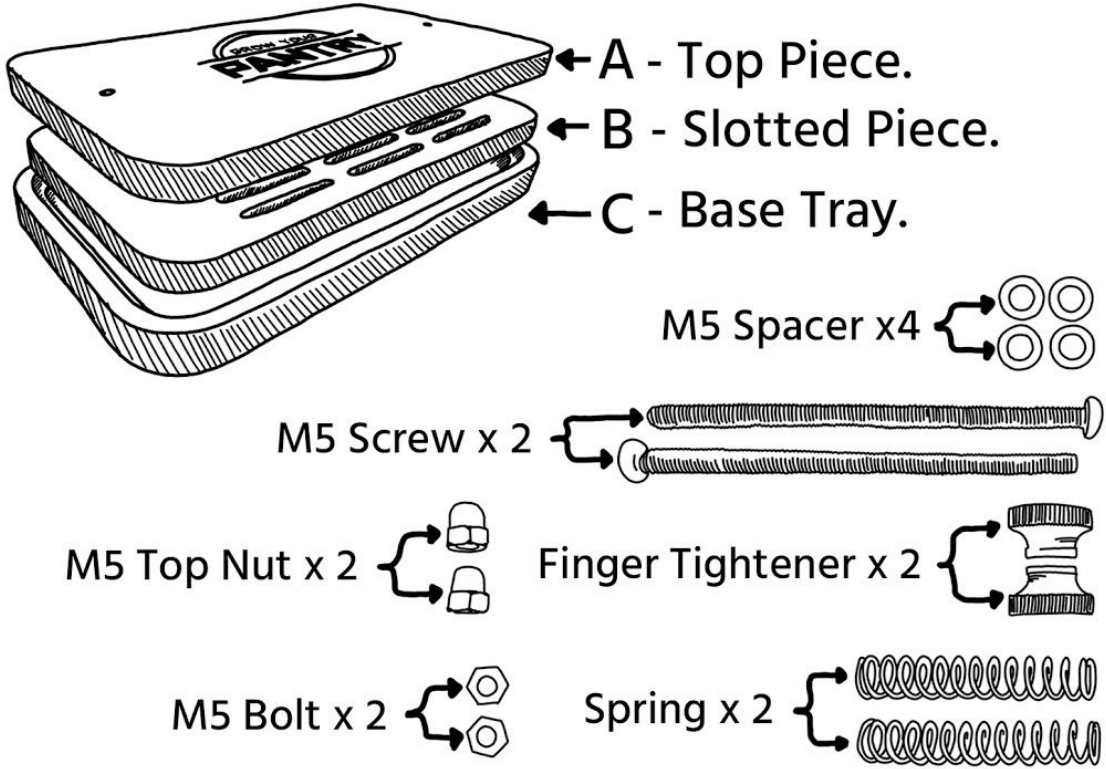
[info@growyourpantry.com](mailto:info@growyourpantry.com)

One more thing, your ebook on Tofu Recipes should have been emailed to you,  
if you have not received it, please email us to receive your free copy.

[info@growyourpantry.com](mailto:info@growyourpantry.com)



# Whats Inside:



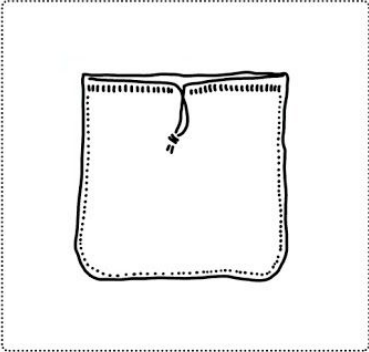
## INCLUDING:



**E - Book**  
(Emailed to you)



**Tote Bag**



**Nut Bag**  
(See Pg.7)

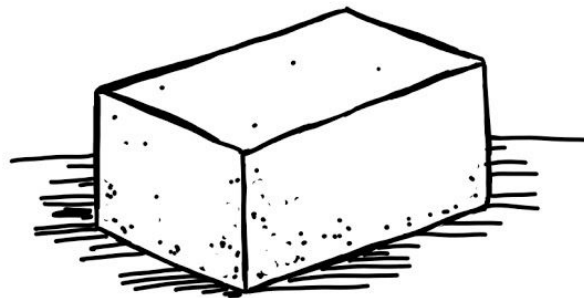
# Assembly Pt.1

1. Take your bamboo slats and wash them accordingly.

(see; "Caring for your tofu press" pg.6)

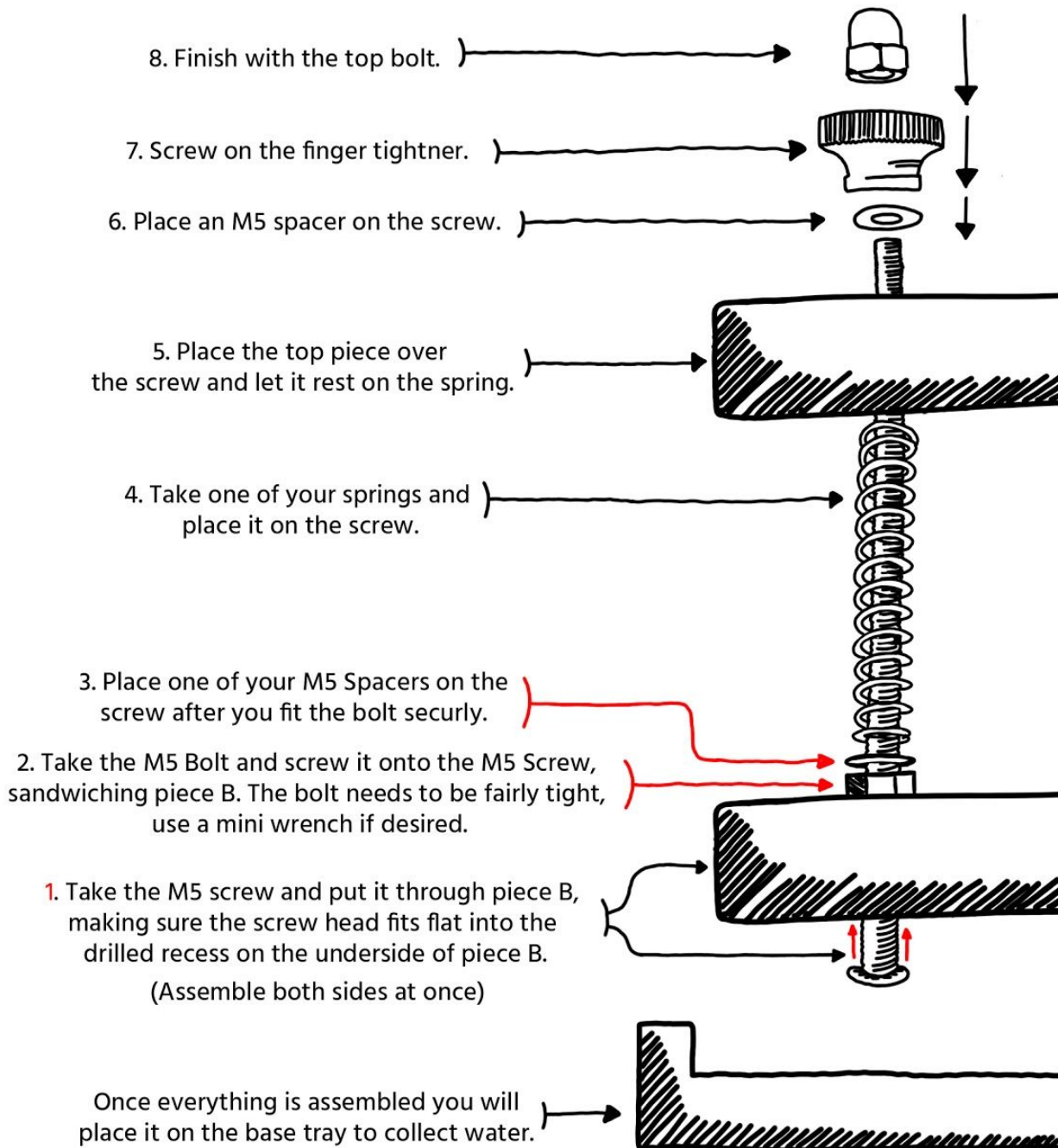
2. Disassemble your screws and bolts etc, they should come to you in the order that they are assembled in.

Once completed and the bamboo pieces are dry we can move on to the assembly...



# Assembly A.2

(Start From The Bottom)



# Method

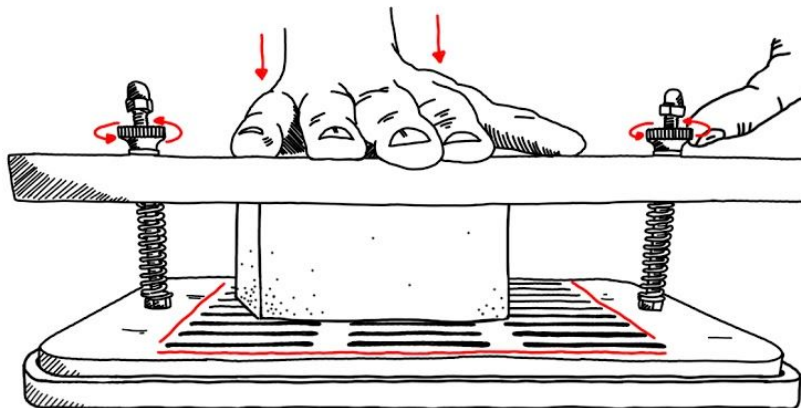
## Using the Tofu Press.

Once clean and assembled;

1. Place your tofu block on the middle slotted bamboo B piece. The tofu block should be placed over the slotted gaps and not extend beyond them. Please note: the max total size of your initial block should be:  
**50mm height - 155mm length - 110mm width.**
2. Using the 2 finger tighteners on either side, rotate them clockwise to tighten and anti-clockwise to loosen, apply desired pressure for your desired result. Keep an eye on your tofu block to prevent it cracking.
3. Place hand and push down on the top bamboo A piece and tighten to apply more pressure.
4. The 2 finger tighteners and piece A should be level to ensure the tofu block has even pressure throughout.
5. Press the tofu block for 15 minutes, you may want to increase the pressure throughout the 15 minutes, you should not need more than 15 minutes to press your tofu, but if needed or desired, press for longer. You should not press for more than 1 hour.
6. Loosen the tofu press by rotating the finger tighteners anti-clockwise and remove your tofu block ready to eat, cook or store.

Check our website for advice on storing your tofu.

Clean the device and store in the drawstring tote bag provided.  
Remove water from base tray C, and clean.



# Caring For Your Tofu Press

Your Tofu Press is not fragile, but should be cared for to ensure long life and proper function.

## DO

- \* Wash and dry your Tofu Press immediately after each use.
- \* Wash your bamboo with warm water and soap ( if desired ),  
rinse, and dry off external moisture with a clean towel.
- \* Oil your wood to keep up the shine and waterproofing. Depending on when you see fit.
  - \* For Best Results: Use food grade mineral oil warmed in  
a pan and rub in a circular motion into the wood.
  - \* Use lemon juice or baking soda to treat any weird stains or smells.
    - \* Wash the Tote Bag when ever you see fit.
    - \* Clean in between the wooden slots, where you see fit.
    - \* Do tell all your friends about your TOFU!

## DO NOT

- X Never let your Tofu Press soak in the sink or go into the dishwasher.
- X If you wash your bamboo with boiling hot water, minimum time exposure is ideal.
- X Long exposure ( 1+ hours ) to water and heat could warp or crack your wood.
- X Never use harsh cleaning products like bleach or rubbing alcohol.
- X Try not to let your bamboo tofu press sit in the sun for extended hours,  
it could heat and warp the wood.
- X Try not to get the metal screw kit wet.

## WARRANTY

Your new tofu press comes with 1 year warranty, if anything happens we will replace or refund you.  
If after 1 year any problems arise, we will surely do our best to keep you happy.  
Just contact us, you can trust us on this!



# Free Bonus Gift!

## Nylon Nut Bag

Use this nylon nut milk bag to make your favourite nut milks at home!



1. Grab a handful of nuts or beans.
2. Soak overnight in 1 cup of water.
3. Blend with 1 more cup of water in the morning.
4. Strain using the bag!

Thank you so much for your order, visit our website to learn more about tofu;

<https://growyourpantry.com/blogs/tofu>

Please do not hesitate to contact us with any issues or feedback on the product, we would love to hear about your experience!

[info@growyourpantry.com](mailto:info@growyourpantry.com)

PG.1

