

Translations:Aliments fermentés - alternatives aux protéines animales/29/en

You can grill a slab of tofu, bread it and/or fry it, or chop it into small pieces to give the impression that it's a piece of chicken, or mince it finely to give the impression of minced meat. The full range of lacto-fermented vegetables and other ferments can be used in addition to spices/aromats to adjust colour and flavour. Tofu is an easy replacement for commercially available textured soya protein (TSP), which is often used to mimic meat in vegan/vegetarian ready meals.