

SHIPING TOFU (石屏豆腐)

Country of origin: China

Type of product: Tofu

Geographical Area: Yunnan Province Shi Pingxian Yilong town, Po show town, Long Peng town, Niujie town, Longwu town, whistle Chongzhen and Bridge Township

Specificity of the Product: Shi Ping tofu is rich in protein and amino acids. It is a healthy and ecologically rich nutritious green food, and tofu protein is a complete protein. It contains the eight kinds of essential amino acids the human body needs. It can be used for detoxification after eating large amounts of animal products and has other positive effects.

Shi Ping tofu has a delicate texture, taste, and fragrance. It does not contain gypsum, brine, or the tofu smell of fish, bitter taste or gypsum residue. The tofu is made on a stone screen, where it is placed two or three days (depending on the local climate). After natural fermentation, the surface will produce yellow tofu mold, creating a unique flavor.

Shi Ping tofu can be cooked in many ways, is easy to eat and diverse, according to personal preferences. It can be cooked together with other ingredients; and is often fried, stewed, or grilled. In its long history, the stone screen technique gradually formed a unique Shi Ping tofu culture, and has led to hundreds of ways of preparing tofu.



Source:

General Administration of Quality Supervision, Inspection and Quarantine (AQSIQ) - China Protected Geographical Indications Products (<http://www.cgi.gov.cn/Home/>). Product information translated and adapted through <https://translate.google.ch/>.