

# How to Drain Tofu

With Cynthia from Down to Earth

[Music Playing]

Cynthia: Hey everyone! I'm Cynthia from Down to Earth.

As you may or may not know...

We offer free cooking classes at all of our stores.

In fact, one of the questions that we get asked the most...

From our cooking class students...

Is "How to drain tofu?"...

Which we use a lot in our cooking classes.

Today we're going to share with you...

One of our favorite kitchen tricks to drain tofu.

To drain your tofu...

Open your package...

And drain the water from the package...

And transfer the tofu to a colander in the sink...

Next we're going to place a dry paper towel on top.

And then we're going to place a bowl or a pot...

On the top of the tofu...

And then you're going to place something heavy inside...

Like a nice big can or a couple of jars.

And you're going to let that sit for about half an hour.

And as you're waiting...

You can prepare the rest of your ingredients...

To see more kitchen tips...

Check us out at our website at [DowntoEarth.org](http://DowntoEarth.org)

Or visit one of our free cooking classes.

Hopefully we'll see you at one of them soon!

Bye everyone!

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