Chocolate and Silken Tofu Pots

2 chilled chocolate-tofu pots, each with half the complete mixture | Active 19 min | Cook 4 min | Total 200 min (cold service)

Ingredients

• 200 g (7 oz) plain commercially ready-to-eat silken tofu, drained, not firm tofu and not a product requiring further safety cooking

• 80 g dark chocolate (2 3/4 oz), about 60-70% cocoa, finely chopped

• 30 ml plain unsweetened soy drink (2 tbsp)

• 10 g maple syrup (about 1 1/2 tsp)

• 2.5 ml vanilla extract (1/2 tsp)

• 0.2 g fine salt, a small pinch

Set out

1000 W microwave with turntable, Kitchen scale and measuring jug, Spoon, Fork or small whisk, Oven mitts, Food thermometer used outside the microwave, Microwave-safe tofu bowl, at least 1 L/about 1 US qt measured usable capacity, Microwave-safe chocolate jug, at least 500 ml/17 US fl oz measured capacity, Fine sieve and bowl beneath it, Silicone spatula or spoon, Two shallow heatproof dessert pots, each at least 250 ml/about 1 US cup usable capacity, Refrigerator at 40°F/4°C or below

Allergens

Soy. Check labels and substitutions.

Make it

1. Drain and weigh the ready-to-eat silken tofu. Press all 200 g through the fine sieve into the 1 L microwave-safe bowl with the spatula, scraping the underside clean into the bowl. Whisk in the maple syrup, vanilla and salt.

2. Warm the tofu mixture at 1000 W baseline on 50% power in 20-30-second bursts, stirring after each, for up to 1-2 minutes until lukewarm, about 86-95°F/30-35°C. Do not boil. The product is already ready to eat; this is a texture step, not an invented safety cook for a raw tofu product.

3. In the separate 500 ml jug, combine all the chocolate and soy drink. Microwave at 30% power in 20-second bursts, stirring after each, for up to 2 minutes until smooth and melted, about 104-113°F/40-45°C. Whisk a few spoonfuls of the lukewarm tofu mixture gradually into the warm chocolate until smooth. Then whisk that tempered mixture into the remaining tofu, scraping every bit from the jug.

4. Divide the complete smooth mixture equally between the two heatproof pots. Cover and refrigerate promptly for about 3 hours, until 40°F/4°C or below and softly set. Allow longer if needed. Serve cold without a cocoa dusting, chocolate shards or other garnish.

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The tofu label matters

Only a commercially ready-to-eat silken product fits this route. Do not shorten a different product's required cooking instructions to match the warming stage.

A soft pot, not a molded slice

The modest chocolate ratio gives a cold spoon dessert. It is not a claim that the mixture can be cut or unmolded intact.

Ingredient labels

Tofu and soy drink contain soy. Chocolate may contain milk or other label allergens; read the actual product. No dairy-free or vegan certification is claimed.

A useful detail

The 200-minute cold-service plan allows 8 minutes of preparation, up to 4 minutes of sequential warming and melting, 6 minutes for tempering and portioning, 180 minutes of refrigeration and 2 minutes to serve. One 1000 W microwave heats tofu and chocolate in order. Cold temperature and a soft set control readiness; the refrigerator interval may take longer.

Another way

Replace 10 g/about 1 1/2 tsp maple syrup with 10 g/about 1 1/2 tsp honey, whisked into the tofu before warming. This changes the ingredient choice and is not a vegan variation.

Replace 2.5 ml/1/2 tsp vanilla with 0.5 g/about 1/4 tsp finely grated unwaxed orange zest, whisked into the tofu before warming. The pots remain chocolate-rich with a small citrus aroma.

Keep it well

Keep covered pots at 40°F/4°C or below and use within 2 days or an earlier opened-tofu deadline. They are served cold and are not intended for repeated warming. Discard served portions left out beyond 2 hours, or 1 hour above 90°F/32°C. No room-temperature or shelf-stable storage is implied.