

**The Book Of Tofu & Miso By William Shurtleff;Akiko  
Aoyagi**

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William Shurtleff and Akiko Aoyagi spent their formative Their work has led to the establishment of hundreds of soyfoods businesses making tofu, soymilk, miso,

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noun 1. a soft, bland, white cheeselike food, high in protein content, made from curdled soybean milk: used originally in Oriental cookery but now in a wide variety

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