



PROTEIN

Protein is made up of tiny building blocks called amino acids. Our bodies need protein to help muscles to grow

strong, repair themselves, and stay in top shape. Protein also helps our tummies. Inside our digestive systems there are special proteins, like *pepsin*, that break down food so our bodies can use all that good stuff for energy and growth.

WORD SEARCH

Protein	Muscles	Chickpeas	Insects
Pepsin	Digestive	Cheese	Soya
Enzymes	Tofu	Legumes	Broccoli



EXPLORING FOOD

OTOFU'S CRUNCHY ASIAN TOFU SALAD

Ingredients

1 pack Tofu
1/2 cup of cornflour (cornstarch)
Salt & Pepper
2 tbsp veg oil for frying

For the Crunchy Salad

2-3 spring onions, chopped
1 cup fresh coriander, lightly chopped
1/2 a kilo of any veg chopped finely will do.
Some suggestions are red cabbage, broccoli, carrots, peppers, mangetout, cucumber and courgette.

For the Asian Dressing

3 tbsp olive oil
1 tbsp toasted sesame oil
1/4 cup rice wine vinegar
3 tbsp maple syrup
Agave or honey
1 tbsp soy sauce or tamarind
1 tbsp ginger, grated
1 garlic clove, crushed
1/2 tsp salt

<https://www.otofu.ie/original>



Method

1. Press the tofu for 15 minutes (wrap the tofu in a clean tea towel and place a weight on top e.g. wooden chopping board with 2 heavy cook books on top).
2. Meanwhile, chop all of your chosen veg finely and place in a large bowl.
3. When tofu is pressed, remove from tea towel and chop into 2cm cubes.
4. Heat veg oil in a pan over a medium heat.
5. Season the cornflour with salt & pepper and use this to coat the tofu (put the cornflour on a plate and toss tofu around on it or else put cornflour in a plastic zip lock bag and toss tofu in this).
6. Fry the coated tofu for about 10-15 minutes turning frequently (in 2 batches if it won't fit in one batch), add more veg oil if needed.
7. Remove when golden and crispy.
8. Add tofu to the bowl with the dressing and toss gently.
9. To serve, sprinkle with toasted sesame seeds and chopped chilli.

We would love to hear about the Asian Salad you made.
You can email us on juniour@rte.ie or if you want to post on social media just tag us on @rtejr

Science of Sense Food is a 6 part radio series for RTE Jr presented by Hazel Bermingham and Professor Theodore Bumbledumm. In this episode Amy Murphy and Chloe Fleming went to TU Dublin School of Food Science and Environmental Health to meet with Food Scientist Dr Graham O'Neill to find out about Protein. Science of Sense Explorers Marco Acosta and Jack Ho meet with Meabh Mooney from Otofu, a small sustainable food producer in West Cork who produce organic tofu. Science of Sense Recipe with Science of Sense chef Matthew Ryder Klein.



GET EXPLORING

Science of Sense Scientist Amy Murphy and Chloe Fleming asked Food Scientist Dr Graham O'Neill a lot of questions about Protein. What question that they didn't ask would you like to know the answer to? And how can you find out the answer?



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