

FIRM TOFU (MOMEN) RECIPE

Makes 1 Tofu (approx 1lb/450g, 4-6 serves)
from 1½ltrs of soy milk

This recipe shows how you can first make your own soy milk from soy beans and then make the Tofu. Alternatively you can use a soy milk maker and follow only the **MAKING THE TOFU** section of the recipe

UTENSILS

2 pieces of cotton muslin
approx 20" (50cm) square
2 Pieces of cotton muslin
approx 12" (30cm) square
1 or 2 large mixing bowls
Blender
Thick bottomed saucepan
Wooden spoon
Metal straining spoon
Large colander for draining
1lb (450g) weight
(a tin of beans works well)

INGREDIENTS

1½ cups (250g/9oz) dry soy beans
3 cups (240ml per cup) hot water for
pureeing the soy beans
4 cups (240ml per cup) hot water
3 tsp (15ml) *Pink Lake Nigari* mixed
in ½ cup hot water (120ml)

MOULD

You can use a mould specifically made for Tofu making or Make one at home by drilling holes into the bottom of a plastic container, about 6 inches (15cm) square or Use a 6" (15cm) diameter colander

METHOD

PREPARING THE SOY BEANS

- Rinse and drain the soy beans
- Soak the soy beans in a large bowl of water (about 4 cups/240ml per cup, or until just covered) until tender
- Note: This can take 8-10 hours. Overnight is also a good option. Longer soaking does not seem to do any harm, but change the water a couple of times
- Drain the beans. They should weigh around 650g (1lb 7oz)
- Moisten the 4 pieces of muslin

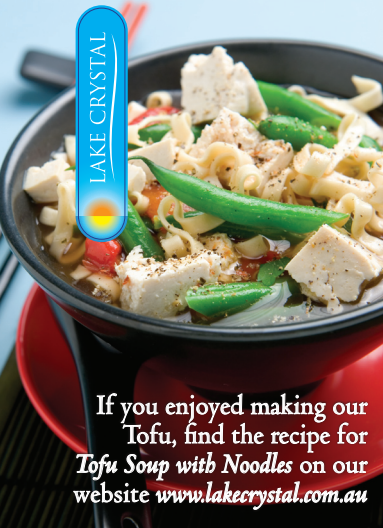
- Line the large colander with the 2 larger sheets of muslin and stand it over a large mixing bowl

BLENDING PROCESS

- Put half of the drained beans into a blender and add 1½ cups (360ml) hot water
- Blend for about 2 minutes until you have a smooth paste
- Transfer into a large thick bottomed saucepan
- Repeat the blending process with the remaining beans adding another 1½ cups (360ml) hot water

MAKING THE SOY MILK

- Add 4 cups of hot water to the saucepan. (*Tip: use one cup to rinse out the blender to get all the mixture*)
- Bring the mixture in the saucepan to the boil, stirring occasionally to prevent sticking
- As soon as the mixture in the saucepan boils, turn off the heat and remove from the stove
- Pour the soy mix into the colander that has been lined with 2 larger sheets of muslin



If you enjoyed making our Tofu, find the recipe for Tofu Soup with Noodles on our website www.lakecrystal.com.au

- Wash out the saucepan and replace on the stove
- Allow the soy mix to drain for a minute or two then gather the edges of the muslin and twist closed to form a bag
- You will need to press the bag to get out as much soy milk as possible. (*Tip: Rubber gloves are good at this point as the soy mix is very hot*)
- Transfer to the second mixing bowl if the soy milk collected in the first mixing bowl begins to touch the bottom of the colander
- After draining you should have at least 1½ltrs soy milk (See IMPORTANT NOTES below)

MAKING THE TOFU

- 1 Pour 1½ ltrs of soy milk that has been made back into the saucepan and bring to the boil
- 2 Turn down to simmer and cook for 7 minutes. Stirring occasionally
- 3 Remove the saucepan from the stove
- 4 Mix the Nigari with 1/2 cup (120ml) hot water. (*Tip: transfer the Nigari mix into a cup to make mixing easier*)
- 5 Using a wooden spoon stir the soy milk from side to side 5-6 times, at the same time sprinkle in a 3rd of the Nigari mix Stir the soy milk with the Nigari mix back and forth 5-6 times more, getting to the bottom and sides of the pan
- 6 Keep the spoon in the middle of the pan until the liquid stops moving then remove the spoon
- 7 Sprinkle another 3rd of the Nigari mix over the surface of the soy milk
- 8 Cover the saucepan with a lid and leave to stand for 5 minutes
- 9 Delicate curds will start to form
- 10 Remove the saucepan lid and while gently stirring the top ½ inch (1cm) of the soy milk sprinkle over the final 3rd of Nigari mix
- 11 Replace the saucepan lid and wait another 5 minutes
- 12 Line the tofu mould, (or alternative) with the 2 smaller squares of muslin
- 13 Gently ladle the soy milk curds using a metal draining spoon into the mould
- 14 Fold the muslin over the top of the curds
- 15 Place the lid of the mould (or a plate if using an alternative) over the top and weigh down with a 1lb (450g) weight to “press” the tofu (*Tip: use a tin of beans as a weight*)
- 16 When the tofu stops dripping (2-4 minutes) remove the weight and lid of the mould or plate and submerge the mould or the tofu wrapped in the muslin cloth that lined the colander into a large basin of cold water
- 17 Leave the tofu in the cold water for 5 minutes until it firms up
- 18 Remove the tofu from the cold water and allow the mould or muslin cloth to drain
- 19 Gently unwrap the tofu from the muslin cloth.

ENJOY

- For the best flavour eat immediately
- To store, place on a plate and cover with plastic wrap and store in the fridge if you intend to eat it within 24 hours
- For longer storage immerse in cold water which you should change each day. In this way the tofu can be stored in a fridge for up to 5 days

IMPORTANT NOTES

- If after pressing there is less than 1½ ltrs of soy milk, unwrap the muslin and pour a cup (240ml) of hot water into the solids (okara) then wrap and squeeze again. Repeat until you have 1½ ltrs of soy milk
- The quality of the soy beans used makes a big difference to the quantity of soy milk produced and consequently the amount of Tofu produced. Therefore always use the best quality soy beans available
- To make **Soft or Silken Tofu** (kinugoshi) use 1½tsp (7ml) of **Pink Lake Nigari** per 1½ ltrs of soy milk. Strain and settle into shape without using weights.
- **Making Tofu is not an exact science and variations in the amount of Tofu produced using this recipe can vary from one batch to another.**