



PLASTIC FREE JULY

Will you accept the challenge?

Homemade Soy Milk and Tofu

Donna's Soy Milk and Tofu

Soy milk is made from a ground soy bean mixture. This is quite a process! You need a large pan and time watch it. Tofu is made from the soy milk by curdling it and pressing the curds (same process as homemade ricotta cheese).

Ingredients for soy milk: 1 cup soybeans

Ingredients additional for tofu: juice of 2 lemons

1. Put the beans in a bowl, cover them with water and leave them overnight in a cool place. Do not leave the beans anywhere warm, or they may start to ferment.
2. Drain and rinse thoroughly. Puree beans to a creamy consistency, using 1 cup of water for each cup of (soaked) beans.
3. Bring 6 cups of water to the boil in a large (tall) saucepan or preserving pan. When boiling, add the pureed soybeans. Bring the mixture back to the boil.
4. When the mixture boils up to the top of the pan, sprinkle cold water over it; this will stop the boiling and the mixture will sink back.
5. Repeat this 3 times, stirring occasionally. This stage is very important as it destroys any toxins present in bean skins.
6. Put a colander into a clean bowl and line with a layer of cheesecloth. Strain mixture through the cheesecloth into a bowl.
7. The crumbly residue in the cheesecloth is called *okara*. The liquid is soy milk.

For tofu:

8. Return the soy milk to a clean pan and bring it to a boil. Pour it into a clean bowl.
9. Add the lemon juice, stir, then leave the mixture to curdle. If it does not, repeat steps 8 & 9.
10. Using a fine strainer, press lightly against the curds in the bowl and then scoop out all of the available liquid with a ladle.
11. Very gently tip the curds into a colander lined with cheesecloth. Allow the moisture to drain off (soft or silken tofu).
12. For a firmer tofu, wrap curds in cheesecloth and weigh down. The heavier the weight and the longer it is left, the more solid the tofu.

NB. The okara can be used in patties, casseroles, etc. One good combination is to mix okara with cooked brown rice or burgul, sauted onion & garlic, chopped tomatoes canned or fresh, herbs to taste, and crumbled fetta cheese. Press mix into a baking pan and bake until firm.

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