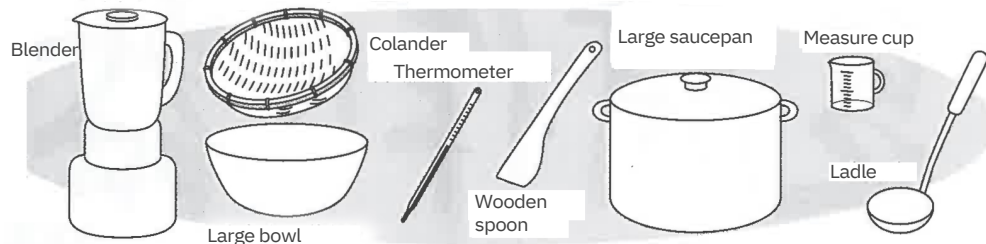


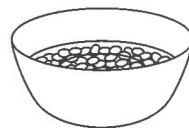
RECIPE FOR MAKING A DELICIOUS TOFU FROM A NATURAL NIGARI (COAGULANT)

[It takes about 1 hour 30 minutes to prepare the tofu, not counting the time for soaking the soybeans]

☆ Tofu can be prepared from soy milk (manufacturing process from number ④). In this case, it is advisable to buy soy milk made for making tofu; as sold by The Wasabi Company ; it takes 1 liter of soy milk to make 2 squares of tofu.



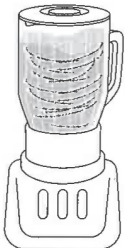


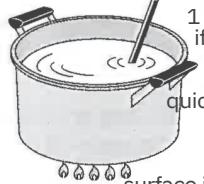
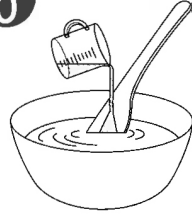

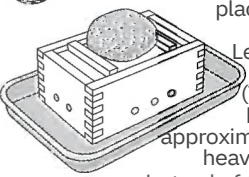
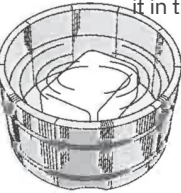
SOAKING



Soy beans: 2 cups (about 300gr)

After washing the soybeans, soak them in 3 times their volume of water for 8-9 hours in summer, 15 hours in spring and fall, and about 20 hours in winter.

Coagulant : Melt the nigari (1 sachet = 12.5 ml) in 50cc (= 500 ml) of hot water, to prepare 2 squares of tofu.

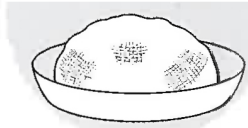
<p>1</p>  <p>Divide the prepared soya beans and soaking water into 3 portions and blend in a blender for about 2 minutes. This mixture is called namago or hikigo. (If there is little water, the blender may idle; please distribute the soybeans and water evenly.)</p>	<p>2</p>  <p>In a large saucepan, boil 6.5 cups of water (1300cc = 1300ml) and add the namago. Stir gently with a wooden spoon being careful not to burn, and once the water boils, turn off the heat. When there are fewer bubbles, put the heat on low and simmer for 8 to 10 minutes.</p>	<p>3</p>  <p>Pour this liquid into a filtered cloth bag and squeeze it over a large bowl. This juice is soy milk, and what is left in the bag is okara (soy pulp). (As the preparation is hot, squeeze it with chopsticks and a wooden spoon. At the end, moisten your hands and squeeze it well.)</p>	<p>4</p>  <p>Transfer the squeezed soy milk to a saucepan and heat it over low heat to 80 degrees. ☆ If you prepare your tofu from purchased soy milk, heat 1 liter of soy milk. (Be careful, if the temperature is too low, the tofu will not harden; if it is too high, it will harden quickly and will tend to become a hard tofu.) (☆ At this point in the preparation, what is on the surface is called yuba (skin of tofu).)</p>
<p>5</p>  <p>Immediately transfer the warmed soy milk to the bowl, then stir slowly and gently 2 times not the bottom while gradually pouring the liquid nigari (coagulant) into the soy milk, and let it cool. (If you mix too much, the tofu will be tough.)</p>	<p>6</p>  <p>After about 15 minutes, everything will solidify. Put the finishing fabric on the press and pour the preparation ⑤ onto the fabric. (If you don't pour the liquid into the press, you can enjoy it as mashed tofu.) Since there is water, it is recommended to place the press on a clearing dish or a plate.</p>	<p>7</p>  <p>Put the top of the finishing cloth on the preparation, close the press cover and place a heavy stone so that the water flows out. Leave the stone for about 15 minutes. (The stone should weigh between 500 and 800 g approximately; if the stone is too heavy, the tofu may be hard. Instead of the stone, you can put a glass of water that weighs 500g.</p>	<p>8</p>  <p>When the tofu is hard, gently remove it from its press and wrap it in the finishing fabric. Then drop it in water for about 30 minutes. (This is to remove the acidity from the nigari.) So you made 2 squares of tofu. Store them in the refrigerator and consume them as quickly as possible.</p>

WHEN YOU HAVE MADE YOUR TOFU ... YOU WILL BE ABLE TO GET A LOT OF OKARA ...

[Process of making soy milk and okara tofu]

After squeezing the soy milk, what is left is called okara which contains a considerable amount of nutritional components. You can add all kinds of ingredients to make original healthy dishes.

[Okara preservation method]

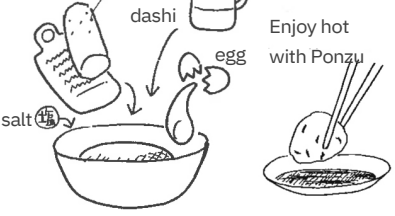


Take the amount you need, put it in a container with a lid and store it in the freezer. Thaw the required amount for several hours.

料理法

Okara pancakes

Mix all the ingredients with okara and fry in a pan. grate the Yam



Enjoy hot with Ponzu

Hamburger with okara (for 4 people)

Heat 1 tablespoon of butter in a pan, brown a chopped onion, then let cool. Mix 2/3 cup of panko (breadcrumbs) with 1/2 cup of milk. In a bowl put 300 gr of ground beef, 70 gr of okara, 1 beaten egg, the prepared and cooled onion, the breadcrumbs, nutmeg, a little salt and pepper, mix everything well with a soaked hand rapeseed oil until the mixture becomes sticky. Divide the mixture into 4 portions, make hamburger-shaped balls, leave a small indentation on top and lightly flour everything. Heat some butter and oil in a pan, start by cooking the side of the burger that will be on top, and turn them when the burgers are brown, cover them and cook over low heat.

Okara potato croquettes (for 4 people)

Cut 3 peeled potatoes, soak them in water; drain the cooking water and mash them. In a frying pan, brown 1 chopped onion with butter, add 250 g of minced meat, then add 100 g of okara, salt and pepper and brown everything. In a bowl, mix everything with the cooled potatoes, spread the mixture on a dish to remove and leave to cool. Divide into 8 parts, make circles, then, in order, sprinkle with wheat flour, breadcrumbs and place them in beaten egg. Fry the croquettes in hot oil. Remove to a wire rack to remove excess oil.