

Fresh Tofu

PREP TIME

30
minutes

Fresh Tofu

INGREDIENTS

- 2 1/2 cups or 1 lb dried soybeans
- 1 gal water
- 1 tsp salt
- 1 Tbsp nigari
- 3 Tbsp. water

DIRECTIONS

1. Place the dried soybeans in a large bowl or container and add in the 1 gallon water and allow the beans to soak for a minimum of 4 hours or overnight.
2. Place the beans and water into a food processor or blender and blend until the beans form a frothy thick pulp. (you may have to divide the beans and water in smaller batches to fit your blender or food processor)
3. Place the pulp in a large pot add in the salt and simmer for about 40 minutes making sure to scrape the bottom of the pot regularly.
4. Strain the liquid (soy milk) through a cheesecloth or fine strainer and place in a clean pot.
5. Bring the soy milk to a simmer
6. Dissolve the 1 tbsp nigari into the 3 tbsp water and slowly pour into the simmering soy milk.
7. Allow the simmering soy milk to clump naturally forming white pillows, once the white pillows are clearly defined from the clear yellow liquid then strain the entire contents of the pot through a cheesecloth and place the warm tofu into a mold to form the "block", after a few minutes place the tofu block into cold water to firm up and serve as is or store chilled.

COOK TIME

30
minutes

YIELD

2
servings

