







Beansprout
(vegetable ♪)

Bean sprouts?

Humidity makes soybean germinate
Ingredient: soybeans and water

1. soak dried soybeans into water (above soybeans) until they all grow big and well rounded
hot room temperature: 4ish hour
cold room temperature: 6ish hour
2. take the beans out and put into a container (has holes to let air in)
3. pour a bit water, do not drown the beans, otherwise they will rot
4. put in a dark place (the sunshine will make the sprout bitter)
5. keep them humid and check frequently
6. after 2-3 days, harvest!

Ps: the bean sprouts can also be used to grow your own soy.



Plant



Soy Milk

Soymilk?

Soymilk is soybeans and water mixed and boiled
Ingredient: soybeans and water

1. soak dried soybeans into water
2. take them out and blend with water, until the juice goes very smooth without visible chunks
1 portion of soybeans : 2.5 portion of water
(the proportion is not fixed, the less water the thicker)
3. remove the floating foam to avoid the flood
4. high heat until boiling, then turn into small heat for 3-5 minutes
5. sieve the liquid, again - the smaller the sieve the smoother the quality
6. enjoy the soy milk

The waste made during the process can be used for soy cake, soya yogurt (see below) and so on. You create.

Ps: the same goes for almond/oat/coconut/rice... milk, but they do not need to be heated, only cold blending.

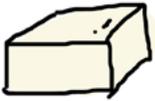


Soy milk skin

Soy milk skin?

Soy milk skin is the layer created by hot soy milk encounters cold air
Ingredient: soy milk

1. heat up soy milk without boiling
2. after 3-5 minutes, there will be a thin layer of soy milk skin on top of the soy milk
3. wait for few more minutes until it gets thicker and carefully take them off
4. tada, soy milk skin



Tofu

Tofu?

Tofu is the next step of soy milk. It needs acid in order to create chemical reaction with protein and become solid

Ingredient: soy milk, lemon

1. heat up soy milk until boiling and then turn off the heat for 2-3 minutes (70-80 degree)
2. squeeze out lemon juice (500g soy: 2 lemons) and mix with half amount of water
3. pour them into the warm soy milk (70-80 degree) in 2-3 times and stir gently
4. keep the temperature the same, now you can see the coagulation.
5. let it calm for 10 minutes with warm temperature but not boiling.
6. put a cotton cloth on a colander, and a pot underneath for left over water
7. pour the coagulated soy milk into the colander and warp it with the cloth.
8. put weight on the whole tofu and wait around 1 hour, the longer the firmer, check in between and customize your own.
9. time is up, enjoy your tofu



Soy yogurt

Soy yogurt?

The theory of soy yogurt is similar with tofu, not boiling but using chill stems to provide probiotics.

Ingredient: soymilk, tofu (or cooked soy curd), lemon, chili stems, hot water

1. blend tofu (cooked fine soy curd), soymilk, lemon juice and hot water together. The tofu or bean curd is the main ingredient, soymilk and hot water should be the same proportion, small amount lemon juice (half or quarter of a lemon)
2. take off the stems from chills and put on top of the yogurt
3. put at temperate room temperate and wait around 4 hours until coagulation.
4. now, here you go - soy yogurt



Soy oil

Soy oil?

The oil comes from pan-fried soybeans

Ingredient: soybeans

1. soak dried soybeans until well-rounded
2. boil them until cooked and take them out
3. remove the skins (the waste can go for composing/fried snacks and so on, you create)
4. slow pan fry until totally dried
5. grind them into powder
6. pinch with tiny amount of water to be humid, and punch the "dough" for 20-30 minutes
7. put the punched "dough" into a fine cloth, and squeeze it out
8. the floating yellowish part is soy oil!!

The pan-fried soybeans can be a snack, but try not to eat them all while cooking ;)



?

there are so many possibilities with soy
actually you can do the same with chickpeas
make your food out of commercial market

your recipe here:

if you want, please share with us, share with the world
enjoy your adventure!

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inserting a coin (50/1/2 e) for bouncing a trolley on hands,
auto-signs arming out,
a wandering about the basic needs and even more.

ham, cheese, hummus, bread,
- now can make a sandwich.

an apple or banana,
- handful green ready to eat,
what else?

- a bag of chips for flavoring.

something to drink? - as the last question after ordering at restaurant,
beer - the nearest, but too early,
soda - next to, but what does it really made of?
juice - had fruit already,

maybe it is time to check back.

what are those - postmilk for vegan friendly?

oat milk, almond milk, coconut milk...

how about soy milk?

what is soy?

processed bean jar available as fixed option,

is that edamame on the package?

why are some of them beige?

what is the relationship between edamame (green) and soybean (beige)?

roughly remember tofu is made by either of them,

any connection with tempeh - they look similar,

soy.. soy..so

soy oil,

soy sauce,

soybean sprout,

they are from the same thing?

but why are they spread and arranged differently here?

by different functions/preserving condition/taste of nationality etc.

or it is not a segregation,

but categorized by the language of economy.

one more look, it also looks like a seed,

how does a soy plant look like?

- never see them, never see soyland,

- never see a vast field in the city.

but eco is everywhere.



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