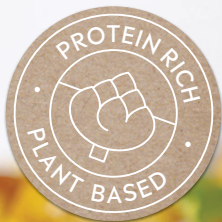


How to make your own **Tofu**



Serving suggestion

Available online at
www.madmillie.com

Mad Millie
AS FRESH AS CAN BE

Let's make some tofu!

HOMEMADE SOY MILK FROM RAW SOYBEANS

*Prep time: 20 mins Ready in: 12 hours
Makes approx. 1 L (1 US qt)*

Ingredients

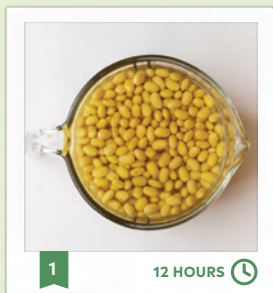
1.5 cups (240 g) raw soybeans

Enough water to cover your soybeans by 3 cm (1.2") in a bowl to soak overnight

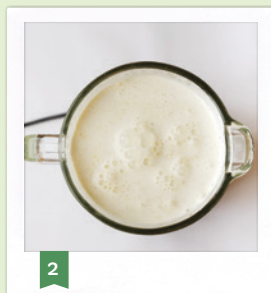
6 cups (1.5 L) water

If making firm or silken tofu straight away, start after the initial heating step in the tofu recipes.





Rinse the soybeans before soaking in water for 12 hours.



Drain and rinse the soybeans before adding to blender with 1.5 L (50.7 US fl oz) water. Blend well.



Pour milk through a muslin cloth or a Mad Millie Draining Bag to filter out any solids.



Heat the soy milk to above 90°C (194°F) and maintain this for 15 minutes while stirring.

Store in the **refrigerator** for up to **2 days**.

FIRM TOFU

*Prep time: 60 mins Ready in: 1.5 hours
Makes approx. 200 g (7 oz)*

Ingredients

For tofu

1 L (1 US qt) fresh, pasteurised soy milk
(unsweetened, not UHT or with any added ingredients)

1 level tsp coagulant

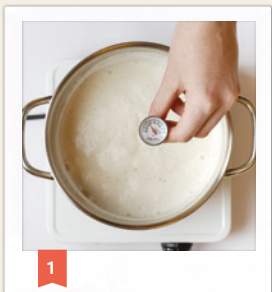
Bowl of ice-cold water

For 3% salt brine solution

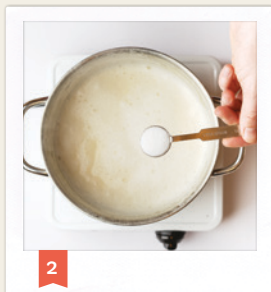
2 Tbsp salt

1 L (1 US qt) water

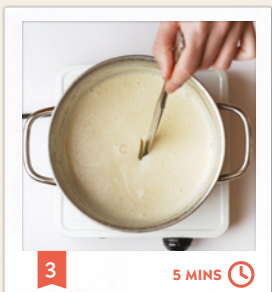




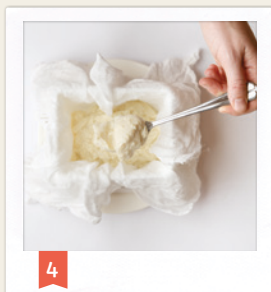
If using fresh store-bought soy milk, pour 1 L (1 US qt) into a pot and boil for 5 minutes.



Add the coagulant once the temperature drops below 80°C (176°F) and stir gently.



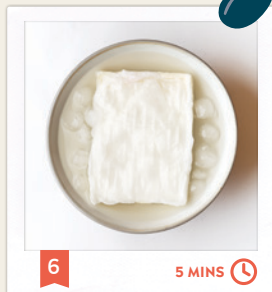
Leave to set for 5 minutes. Ensure that the curd temperature does not drop below 55°C (131°F).



Line your tofu mould with the muslin cloth and sit on a rack or cheese mat to collect the water. Transfer the curds into the mould.



Push down on the pressing plate for 10 seconds every 5 minutes. Press 6 times. For a firmer tofu press harder and for longer.



Transfer the muslin wrapped tofu block into the ice-cold water for 5 minutes.



Unwrap the tofu block in the cold water. Leave for 10-15 minutes.



Remove from the water and leave to dry for 5-10 minutes. Cut into desired sizes.

Store in the **refrigerator** in salt brine for up to **3 days**.

SCRAMBLED TOFU

A great breakfast alternative to regular eggs! Serve alone, with a side of spinach or avocado, or on toast with freshly ground pepper. Also delicious topped with a dollop of Creamy Artichoke Dip!

Prep time: 20 mins Ready in: 30 mins

Makes 2 servings

Ingredients

200 g (7 oz) Mad Millie Firm Tofu

1/4 tsp turmeric

1/2 tsp salt

1 Tbsp olive oil

1 garlic clove, chopped

1/2 tsp thyme

1 Tbsp nutritional yeast (optional)

2 Tbsp water

1/4 onion, chopped

Salt and pepper to taste



Method

1. Mix spices into a bowl with water.
2. Break tofu up into small bite sized pieces.
3. Brown onion and garlic in a hot frying pan, then add the tofu stir fry until heated through.
4. Add spice mixture with water to the frying pan, stir fry until water has evaporated.

SILKEN TOFU

*Prep time: 60 mins Ready in: 2 hours
Makes approx. 800 g (1.8 lb)*

Ingredients

1 L (1 US qt) fresh, pasteurised soy milk
(unsweetened, not UHT and without added ingredients)
1 level tsp coagulant

Serving suggestion





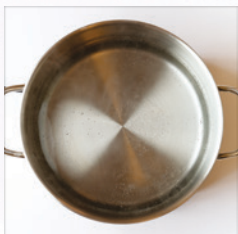
1

If using fresh store-bought soy milk, pour 1 L (1 US qt) into a pot and boil for 5 minutes.



2

Cool the soy milk to room temperature in a water bath. Stirring while it cools.



3

Heat up water in a large pot or wok to 85°C (185°F). NOTE: Do not fill it too much as there will be a bowl floating in it!

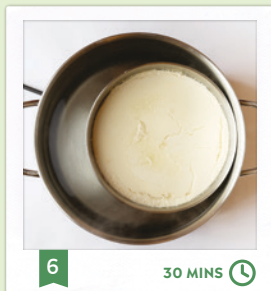


4

Pour the cooled soy milk into the cooking bowl, add the coagulant and stir well.



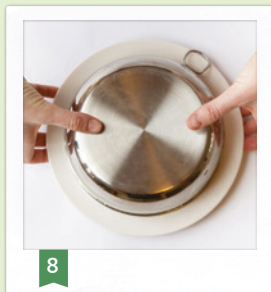
Place the cooking bowl in the water so it floats. Maintain the temperature above 85°C (185°F).



Cook the soy milk on the stove for 30 minutes. Do not stir while the soy milk sets.



Once the soy milk has set, remove the cooking bowl from the pot and set aside to cool down.



Before serving, pour out any excess liquid and flip onto a plate.

Store in the **refrigerator** for **2 - 3 days** in a sealed container.

CREAMY ARTICHOKE DIP

This dip is so easy to make and packed full of flavour. Best made a few hours before serving to allow the dip to set and flavours to infuse.

Prep time: 20 mins

Ready in: 2 hours

Makes: 4 servings

Ingredients

300 g (10.6 oz) Mad Millie
Silken Tofu

400 g (14 oz) artichokes, drained

1/4 onion, finely chopped

2 garlic cloves, finely cut

50 g (1.8 oz) fresh spinach
leaves (3 - 5 large leaves)

1 Tbsp lemon juice

1 tsp salt

Ground pepper to taste



Method

1. Sauté onion and garlic in a frying pan and set aside to cool.
2. Add all remaining ingredients into a food processor and process slowly until combined but still chunky.
3. Stir through the onion and garlic. Leave in fridge for a few hours before serving to allow flavours to combine and set.

CHICKPEA TOFU

Prep time: 40 mins Ready in: 2.5 hours
Makes approx. 800 g (1.8 lb)

Ingredients

- 1 cup (97 g) chickpea flour (besan)
- 1 tsp salt
- 1/4 tsp ground turmeric (optional)
- 3 cups (750 mL) water, total
- 2 Tbsp neutral oil

Serving suggestion





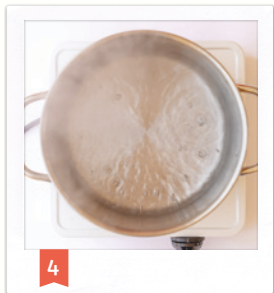
Measure the chickpea flour, salt and turmeric (optional) into a bowl.



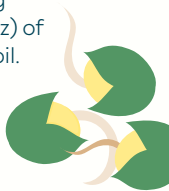
Add 375 mL (12.7 US fl oz) of water and whisk until smooth.



Lightly grease a baking tin or dish with the oil.



Bring the remaining 375 mL (12.7 US fl oz) of water to a rolling boil.





Reduce the heat to medium and add the chickpea flour and water mixture.



Whisk over the heat until the mixture becomes thick and the flour is cooked - about 8 minutes.



Pour into the baking tin and leave to cool at room temperature for 1 hour. Drain off any water that comes out of the tofu.



Put into the refrigerator for 1 hour before cutting.

Your tofu will keep for **3 days** in the **refrigerator**.

Vegan chicken-less tenders,
tofu green curry or vegan
mayonnaise... all sound
delicious right?

Find these recipes and more at
www.madmillie.com



Serving suggestion

Mad Millie

AS FRESH AS CAN BE

Join our community and share your creations and learnings by tagging **@madmilliekits** and **#madmilliemade** to be in to win every month!



madmilliekits



Mad Millie Kits and equipment are designed to make it fast and simple for you to create beautiful, artisan food in your own home. For more kits and consumables, along with some helpful tips and how-to videos, visit

www.madmillie.com

