

WHAT YOU NEED

Ingredients

- 2 cups dried soybeans
- 1 packet natto spores
- Filtered water

Equipment

- Aluminum foil
- Non-reactive pot
(i.e., stainless steel, enameled, etc.)
- Large stainless steel spoon
- Casserole dish

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MAKING NATTO

1. Wash the soybeans and soak in 6 cups of water for 9 to 12 hours (longer soaking time recommended during colder months).
2. Drain the beans from the soaking water. Place beans in a large pot, fill with water and boil for 2-3 hours, checking on them every 30 minutes (you want them tender but not mushy).
3. Rinse or dunk a colander, cooking spoon, and casserole dish with boiling water to sterilize.
4. In the sterilized colander, drain the cooked beans and place in the sterilized casserole dish. Turn oven light on so it preheats to 100°F

PRO TIP!

Natto is quite odorous while fermenting, and you may want to isolate the natto during the fermentation time.

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MAKING NATTO

5. Stir the natto powder with 3 tablespoons of boiled and cooled water. While the beans are still hot, pour the natto spore packet over the beans. Stir the beans carefully using the sterilized spoon.
6. Spread the beans in a ~1 inch layer in the casserole dish. If at any point during the process some beans are spilled on the counter, etc., discard the spilled beans as they can contaminate the other beans if added back into the batch.
7. Tightly cover the casserole dish with aluminum foil. Poke pin holes in the foil spaced 1 inch apart.

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MAKING NATTO

- Place the covered container in the oven, dehydrator, or warmer and allow the natto to ferment for 22 to 24 hours being sure to keep the temperature steady at 100°F. When you see a whitish film and smell a strong, ammonia-like aroma coming from the beans, that's how you know they're done fermenting.
- When finished, let the natto cool at room temperature for 2 hours. Remove the aluminum foil and store the covered containers in the refrigerator at least overnight. Your natto will last up to a week in the refrigerator

PRO TIP!

Smaller portions of finished natto can be stored in the freezer and thawed for later use.

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NATTO SPORES



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