

# How to make tofu



## Ingredients

1 litre Banrai Soy Milk  
8 sachets Nigari (magnesium chloride)  
50ml water (to dissolve the nigari)

## Equipment Required

Large cooking pot  
Thermometer (optional but recommended)  
Large mixing bowl  
Wooden spoon or ladle  
Tofu press (or heavy object with a strainer)  
Cheesecloth or muslin



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## Method

1. Empty 8 nigari sachets into a cup

2. Heat the Soy Milk

Pour the Banrai soy milk into a large pot and heat over medium heat until it reaches around 75-85°C. Do not boil. Stir occasionally to prevent sticking or burning. Use a thermometer for accuracy or watch for small bubbles forming around the edges.

3. Coagulate the Soy Milk

Remove the pot from heat and stir the milk and then empty the nigari solution into the swirling milk. Put your wooden spoon right to the bottom of the pan and stir ONCE in a zig zag pattern. Cover and let the mixture sit for 15-20 minutes. You will see curds separating from the whey.

4. Drain the Curds

Place the tofu press or colander into something to catch the liquid. Line the tofu press or a colander with cheesecloth or muslin. Carefully ladle the curds into the lined press, allowing the whey to drain away. Fold the cheesecloth over the top of the curds.

5. Press the Tofu

Place the lid on the tofu press or a plate if using a colander and add a heavy object (500-800g) on top. Press the tofu for 15-30 minutes, depending on the desired firmness.

6. Remove and Store

Take the wrapped tofu carefully out from the press or colander and submerge in cold filtered water for 20 minutes to remove any bitter taste. Remove carefully from the water and the tofu is now ready to be used. Store the tofu in fresh water in the fridge, changing the water daily. It can be stored for up to 3-5 days.