

# B&B's Rich Soymilk Recipe

**The bean absolutely makes a difference.** Always use a yellow soybean with a clear hilum.

Soak Time: 8-12 hours    Cook Time: 1 ½ hours

## INGREDIENTS:

- 2 cups of Southern Soy® yellow dry soybeans
- 8-9 cups of water
- ½-1 teaspoon of vanilla
- 1-2 Tablespoons of agave nectar or honey
- Dash of salt (optional)

## DIRECTIONS:

### Prep: Day before or early morning.

- **Rinse soybeans** in a colander (remove all foreign matter and/or discolored beans).
- **Soak soybeans 8-12 hours.** Cover with water (4 times their volume) in a large glass bowl or stainless-steel pot, cover, and soak overnight or all day. Dried beans double in volume and weight after soaking. If your dry beans are current season, soak them in the refrigerator to prevent sprouting.
- **Drain** the water and **rinse** the soybeans following the soak. Set soybeans aside to strain in the colander.



### Get your instruments ready!

- Cheese cloth/muslin/straining cloth
- Large food processor or blender
- Large/Tall stock pot
- Metal Colander
- 2<sup>nd</sup> pot to strain milk into (optimally the colander sits inside the pot with the handles bracing the colander on the rim or with legs that fit inside the pot).
- Large spatula (with a long handle)
- A pressing tool. This can include a potato masher or other clean heat proof jar or heavy spoon. You need a “pressing tool” to press the straining cloth containing hot soybean slurry (in the colander)
- Silicon gloves might help but are not required.

### Step 1: Set up processing, cooking, and straining stations. Begin processing.

- Place rinsed/strained soybeans in food processor.
- **Add 3 cups of water** to processor then blend/puree for about 3-4 minutes. Add more water if needed. Blend until smooth.

### Step 2: Cook the soybean slurry.

- While processing the soybeans, add 5 ½ cups of water to the pot and heat on medium high heat.
- Pour the pureed soybeans into the cooking pot.

- Rinse the processor with ½ cup of water and add to pot.
- **Stir constantly** while soy milk is cooking to prevent burning.
- **Heat until boiling and reduce heat to low** and cook for 7 more minutes.
- **Watch the foam!** Keep your potholders handy. You may need to move the pot off the burner from time to time to prevent the foam from boiling over.
- **Remove from burner and let soymilk cool for a few minutes.**

### Step 3: Straining.

- Spread the muslin or cheesecloth inside the colander, lapping the edges of the cloth over the upper rim of the colander.
- Place the colander in a second pot.
- Pour the hot soy milk into the colander, up to the upper edges of the straining cloth. Let the milk strain into the 2<sup>nd</sup> pot. Gradually add the remainder of the hot milk and let strain and cool for 5 minutes.
- **Burn alert!** Be careful. Take your time.
- Pull the muslin/cheese cloth/ sides up and **twist upper ends together to form a bag**. Once the bag is cool, gather up and **twist and squeeze the bag, releasing milk through the colander into the pot**.
- **Use your pressing tool to press more milk** from the bag.
- When the bag seems dry, open the bag, add ½ cup of water and squeeze and press again a second time.

The bean fiber remaining in the bag is the soy milk lees by-product of soy milk production known as okara (soy pulp). You can discard or use cooked okara for baking at a later time.

### Step 4: Cook your soy milk a second time.

- Cook the soy milk on medium for 20-25 minutes, stirring constantly.
- **Add agave nectar/honey, vanilla, and salt and stir well during the last 10 minutes of cooking.**
- Remove from heat and let cool. I sometimes strain the milk one final time.
- Store your soymilk in a sealed container and refrigerate. I like to use glass canning jars with a lid.

***Soy milk stays fresh up to 3-5 days in the refrigerator.*** This recipe has no preservatives or artificial thickeners, unlike store-bought soy milk.

### Soy Milk Nutrition Facts: Serving Size: 1 cup.

Calories: 100; Total Carbohydrates: 7g; Protein: 7g;; Dietary Fiber: 2g; Calcium: 380 mg; Iron: 1.2mg; Total Fat: 4.9g; Saturated Fat: .41g; Cholesterol: 0; Sodium: 96 mg; Potassium: 289 mg.

Source: USDA