

## SOY MILK 豆浆

Makes 2,5 liters

Preparation time: 15 minutes

(soy beans must be soaked overnight!)

Cooking time: 15 minutes



Traditionally, dairy is not a part of the Chinese diet, and a lot of Chinese people cannot digest the lactose in the milk. In China, we typically drink soymilk instead. Soymilk is made from dried soybeans that have been soaked and ground up with water.

Served hot, soymilk can be had both sweetened and unsweetened. Serve the sugar on the side, so that guests can adjust the sweetness according to taste.



## INGREDIENTS

250g dried soybeans (must be soaked overnight in water)

2,5L water

Tools:

1 sieve

1 muslin cloth

1 large bowl

1 blender

1 large heavy-bottomed pot

## THE METHOD

1 day before: rinse the soybeans under cold water 3 times and pour 2L of cold water over the beans. Leave overnight.

Line a sieve with muslin cloth and place over a large bowl.

Drain the soybeans and add 2,5L fresh water. Then blend the beans and water to the consistency of a thick smoothie.

Pour the blended soybeans over the muslin cloth-lined sieve and let the liquid drip into the bowl. Repeat this process until all the blended beans have been used .

With the last batch, squeeze out all the liquid from the soybean pulp. Pour all the milk in the large pot and bring to a gentle boil. Reduce heat and let simmer for another 5 minutes. Stir occasionally and make sure that the soymilk does not boil over.

