



TOFU

& VEGAN TREATS KIT



Approx time:
1 hour per recipe.

Recipes:
Homemade Soy Milk from Raw Soybeans,
Firm Tofu, Soft/Silken Tofu, Scrambled Tofu,
Thai Green Curry, Vegan Chickenless Tenders,
Vegan Mayo and Creamy Artichoke Dip.

Mad Millie

Make tofu and a range of vegan soy based delicacies fresh, in your own kitchen with all natural ingredients.

Tofu, or bean curd, is a popular, nourishing food that has become a staple in modern, healthy eating. It is a great source of protein, iron and calcium as well as a multitude of minerals and vitamins. Tofu is extremely versatile and great for a variety of delicious vegetarian and vegan meals, including curries, dips, dressings, as well as some delicious meat substitutes which we have also included recipes for. Perfect for the healthy foodie!

Designed to be made in any kitchen. No specialised equipment or experience required, just add soy milk, homemade or store bought!

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Watch our YouTube video if possible before starting.
They say a picture is worth a thousand words!

Tofu & Vegan Treats Kit



Tofu is a fantastic source of protein, dairy alternative, and vegan option for savoury and sweet dishes. Fry your firm tofu and add to a salad or use your silken tofu in a delicious dessert or baking, the options are endless. By making this all natural tofu yourself it can be guilt free too!

YOUR KIT CONTAINS

- Tofu mould
- 1.5 L (1.6 US qt) stainless steel cooking bowl
- Muslin cloth
- Coagulant
- Thermometer
- Instructions

YOU WILL ALSO NEED

- Large bowl
- Medium - large pot or wok frying pan
- Electric blender/food - processor (high power)/stick blender
- 2 L (2 US qt) jug (or Mad Millie Draining Bag & Stand + extra bowl)
- Draining spoon



Serving suggestion



Serving suggestion

Homemade Soy Milk from Raw Soybeans



Makes approx: 1 L (1 US qt)

Make a truly natural and homemade tofu by making your own soy milk with raw soybeans first to use in your tofu recipe.

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

EQUIPMENT

- Electric blender/food processor (high power)/ stick blender
- Thermometer
- Cooking pot
- Muslin cloth + 2 L (2 US qt) jug OR Mad Millie Draining Bag & Stand (Sold separately) + bowl
- Large bowl

METHOD:

- 1) Rinse the soybeans before soaking in a sterilised pot. Soak the raw soybeans in water (ensure the water level is well above the level of the soybeans). Soak for 12 - 24 hours.
- 2) Thoroughly clean all equipment (including muslin cloth).
- 3) Add to the blender your soaked soybeans (rinsed) and 6 cups (1.5 L) of water.
- 4) Blend until a uniform milk consistency is achieved.
- 5) Filter milk into a measuring jug using the muslin cloth (or the Mad Millie Draining Bag & Stand + bowl sold separately) ensuring that any solids remaining in the milk do not fall into the measuring jug. You should have roughly 1 L (1 US qt) of soy milk. If you collect more, it makes a fantastic base to smoothies or simply as a drink.
- 6) Heat the soy milk to above 90°C (194°F) and maintain above this temperature for 15 minutes while stirring.
- 7) Leave to cool. Cool to 80°C (176°F) if making firm tofu straight away and start at Step 3. If making silken tofu straight away, cool to room temperature as at Step 3 and continue. If storing, see below.

STORAGE:

If making silken tofu, use as soon as possible. If making firm tofu, you can store this in the fridge for up 2 days before using it, but the fresher the better. If you do not use this straight away you will need to heat the milk as in step 2.

Firm Tofu



Makes approx: 200 g (7 oz)

INGREDIENTS

- 1 L fresh, pasteurised soy milk (unsweetened, not UHT)
- 1 level tsp coagulant
- Bowl of ice cold water

EQUIPMENT

- Thermometer
- Medium cooking pot
- Muslin cloth
- Tofu mould + pressing plate
- Draining spoon



METHOD:

- 1) Thoroughly clean all equipment (including muslin cloth).
- 2) If using fresh store bought soy milk, pour 1 L (1 US qt) into a cooking pot and heat to 90°C (194°F). Maintain this temperature for 5 minutes. After the 5 minutes remove the soy milk from the heat and let it cool down.
- 3) Add the coagulant once the temperature drops below 80°C (176°F) and stir gently.
- 4) Leave to set for 5 minutes. Ensure that the temperature of the curd does not drop below 55°C (131°F).
- 5) Line your tofu mould with the muslin cloth and sit the mould on a rack or cheese mat in a container to collect the water. Transfer the curds into the mould. Fold the muslin cloth onto the top surface of the tofu curds. Apply the pressing plate on top of the muslin. Press hard onto the pressing plate using your hands.
- 6) Push down on the pressing plate for 10 seconds every 5 minutes. Press for a total of 30 minutes. Ensure the mould is not sitting in the water you are collecting - drain the water if necessary.
- 7) Transfer the tofu block in the muslin and submerge in ice cold water for 5 minutes. Then carefully unwrap the tofu block in the cold water. Leave for 10-15 minutes.
- 8) Remove from the water and leave to dry on the bench for 5-10 minutes, and then cut into desired sizes and serve either fresh or cooked.

FOR A FIRMER TOFU:

Increase the pressure by increasing the pressing time, applying a greater force when pushing each time and submerge in cold water for a further 5 - 10 minutes.

STORAGE:

Store in the fridge by submerging the tofu block in a 3% salt brine solution until ready to use. Use as soon as possible, but you can leave in the fridge for up to 3 days. Note that it may take on a salty flavour the longer you leave it.

Salt Brine:

To make a 3% salt brine, dissolve 2 level Tbsp of salt in 4 cups (1 L) of water.

Soft/Silken Tofu



Makes approx: 800 g (1.8 lb)

INGREDIENTS

- 1 L (1 US qt) fresh, pasteurised soy milk (unsweetened, not UHT)
- 1 level tsp coagulant

EQUIPMENT

- Stainless steel cooking bowl + water bath
- Thermometer
- Cooking pot or wok frying pan (large enough to sit the stainless steel cooking bowl in with water and not cause a boil over)



Serving suggestion

METHOD:

- 1) Thoroughly clean all equipment (including muslin cloth).
- 2) If using fresh store bought soy milk, pour 1 L (1 US qt) of soy milk into a cooking pot and heat until the soy milk boils. Boil the soy milk for 5 minutes.
- 3) Cool the soy milk to room temperature (a cold water bath works well to reduce the temperature quickly). Continue stirring it while it cools.
- 4) While the soy milk cools, pour water into the large pot or wok frying pan. Heat up water to 85°C (185°F). NOTE: You will be adding the stainless steel cooking bowl filled with soy milk to this pot so do not fill it too much.
- 5) Once the soy milk has cooled to room temperature, pour the cooled soy milk into the cooking bowl, add the coagulant and stir well.
- 6) Place the cooking bowl inside the pot of hot water so it floats. Use tongs or oven mittens. Ensure the water always stays above 85°C (185°F) (control this by turning up or down your element as necessary) and that the level of the water is always above the level of the tofu in the cooking bowl.
- 7) Cook the soy milk on the stove for 30 minutes. Do not stir while the soy milk sets.
- 8) Once the soy milk has set, remove the cooking bowl from the pot and set aside to cool down.
- 9) Before serving, pour out any excess liquid and flip onto a plate.

STORAGE:

Will keep in fridge for 2 - 3 days, in covered container.

Water Bath:

Simply fill your sink with cold water and add ice packs if necessary. Place your cooking pot inside and make sure it doesn't tip over. Make sure the water comes up above the level of the soy milk. This will help cool your soy milk down quickly.

Scrambled Tofu



Serves: 2

Ready in 15 Minutes

A great breakfast alternative to regular eggs! The nutritional yeast (found in some supermarkets or health food stores) gives it a lovely savoury cheese flavour while the thyme brings in beautiful earthy notes. Serve alone with a side of spinach or avocado, or on toast with freshly ground pepper.

INGREDIENTS

- 200 g (7 oz) firm tofu
- 1/4 tsp turmeric
- 1/2 tsp salt
- 1 Tbsp olive oil
- 1 clove garlic, chopped
- 1/2 tsp thyme
- 1 Tbsp nutritional yeast (optional, but gives a nice cheese-like flavour)
- 2 Tbsp water
- 1/4 onion (red or brown), chopped
- Salt & ground pepper to taste

EQUIPMENT

- Bowl
- Frying pan

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.



Serving suggestion

Thai Green Curry



Serves: 2-3

Ready in 30 Minutes

A quick and tasty curry made with delicious Thai spices and coconut milk. Serve with brown or white rice, and freshly chopped coriander and basil.

INGREDIENTS

- 200 g (7 oz) firm tofu
- Chopped fresh veges (1 x carrot, 1/4 broccoli, 1/4 cauliflower, 8 medium sized mushrooms)
- 1/4 cup (62 ml) fresh basil
- 1/4 cup (62 ml) coriander
- 1/4 cup (62 ml) of green curry paste (check paste is vegan friendly)
- 1 x 400 g (14 oz) can coconut milk
- 1 Tbsp vegetable oil
- 1 Tbsp brown sugar
- 1 Tbsp lime juice

EQUIPMENT

- Frying pan



Serving suggestion

METHOD:

- 1) Add oil to a frying pan and stir fry tofu until browned.
- 2) Set tofu aside on a plate.
- 3) Add curry paste to the pan, stir fry curry paste until fragrant.
- 4) Add half of the can of coconut milk, and the brown sugar and allow to simmer on a low heat for 5 minutes.
- 5) Stir through vegetables and allow to cook for 5 minutes, then add the rest of the coconut milk.
- 6) Serve with rice topped with freshly chopped coriander and basil.

Vegan Chickenless Tenders



Makes approx: 250 g (8.8 oz)

Preparation: 12 Hours

Cooking Time: 2 Hours

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Tofu is so versatile and makes a great protein filled meat substitute. These tenders are full of flavour and, can be served alone, or accompanied by salad or a side of vegetables for a meal.

INGREDIENTS

- 250 g (8.8 oz) firm tofu
- 1 Tbsp olive oil
- 1/2 cup (65 g) nutritional yeast
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp paprika powder
- 1/2 tsp turmeric
- 1/4 cup (62 ml) boiling water

EQUIPMENT

- Bowl
- Chopping board x 2
- Frying pan

METHOD:

- 1) Place tofu into freezer overnight.
- 2) Remove tofu from freezer and let thaw.
- 3) Press liquid from tofu by placing it between two chopping boards and putting something heavy on top to weigh it down.
- 4) Pat the tofu dry and slice into 1/2 cm (1/4") slices.
- 5) Mix nutritional yeast, salt, onion powder, paprika powder, turmeric and boiling water in a bowl.
- 6) Rub tofu with marinade and leave to soak in for about 2 hours.
- 7) Heat non stick frying pan on a high/medium-high heat (or BBQ) and add a little bit of oil. Add tofu slices and cook on each side until golden and crispy (about 2 minutes on each side).



Serving suggestion

Vegan Mayo



Makes approx: 300 g (10.6 oz)

Ready in 5 Minutes

A thick mayonnaise with a refreshing sour hint. Perfect to dress salads and spread on sandwiches.

INGREDIENTS

- 300 g (10.6 oz) silken/soft tofu
- 2 Tbsp lemon juice
- 1/2 tsp mustard powder
- 1/2 tsp salt
- 2 Tbsp apple cider vinegar
- 2 Tbsp oil

EQUIPMENT

- Blender

METHOD:

- 1) Put all ingredients in a blender and blend until smooth.
- 2) Store in an airtight jar, in the fridge.

Creamy Artichoke Dip



Serves: 4, as a starter with pita chips or chopped veges

Ready in 20 Minutes

Best made a few hours before serving to allow dip to set and flavours to infuse.

A delicious creamy, dairy free dip. Serve in a big bowl accompanied by pita chips, and chopped veges. Perfect as a light summer starter.

INGREDIENTS

- 300 g (10.6 oz) silken tofu
- 1 x 400 g (14 oz) can artichokes, drained
- 1/4 onion, finely chopped
- 2 cloves garlic, finely cut
- 50 g (1.8 oz) fresh spinach leaves (3-5 large leaves)
- 1 Tbsp freshly squeezed lemon juice
- 1 tsp salt
- Ground pepper to taste

EQUIPMENT

- Frying pan
- Blender

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.



Our kits makes it easy! But if you do get stuck, check out our YouTube videos or contact our friendly customer support team.



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

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