

## Mad Millie Firm Tofu



The best kind of tofu is the freshest you can find. Sometimes commercial tofu has quite a strong soy flavour that can be off-putting, not such a problem when you've made it fresh!  
The perfect addition to any meal as a protein source.

### INGREDIENTS

- 1 L (1 US qt) Fresh, pasteurised soy milk
- 1 tsp Mad Millie Coagulant
- Bowl of ice cold water

### METHOD

1. Thoroughly clean all equipment.
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 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 and press hard.
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.

For a firmer tofu – press down harder and for longer until desired texture is reached.

7. Transfer the tofu block in the muslin and submerge in ice cold water for 5 minutes. Carefully unwrap the tofu block in the cold water. Leave for 10-15 minutes.

For a firmer tofu submerge in cold water for a further 5 – 10 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.

9. Store the tofu in the refrigerator in a 3% salt brine solution for up to 3 days.

Salt brine – 2 Tbsp salt + 4 cups (1 L) water.