



Easy DIY Dried Bean Tofu

Adapted from: <https://www.powerhungry.com/2022/04/08/easy-diy-dried-bean-tofu-soy-free-1-ingredient/>

Ingredients

- 140 grams (~3/4 cup) dried beans
- boiling water, to cover beans
- 2 and 3/4 cups (651 mL) tap water
- Optional: 1 teaspoon salt

Instructions

1. Place the dried in a colander or mesh sieve and rinse under cold water to clean
2. Quick soak (*I found this didn't work as well on beans with heavy skins*) Place the rinsed beans in a medium bowl. Add enough boiling water to the bowl to cover the beans by 1/2 inch (1.25 cm). Let stand for 20 minutes until the beans are slightly plumped and the water has cooled.
3. Drain and rinse the beans in a mesh sieve or colander, discarding the soaking water.
4. Place the drained beans, 2 and 3/4 cups tap water and optional salt in a blender. Blend on high speed until **completely smooth**, stopping several times to scrape down the sides of the blender container. (a high speed blender like a magic bullet or a vitamix) (**see note below about straining the mixture if it is not smooth**).
5. Pour the bean mixture into a medium-size, heavy-bottomed saucepan.
6. Whisk over medium-high heat for 6 to 8 minutes until the mixture is VERY THICK, glossy and begins to pull away from the sides of the pan as you whisk (turn heat down to medium, as needed).
7. Scrape the batter into an 8-inch (20 cm) square glass or ceramic baking dish, smoothing the top (the dish does not need to be oiled).
8. Refrigerate the tofu, uncovered, for at least 8 hours, or overnight
9. Run a silicone spatula or dull knife around the edge of the dish; invert the tofu onto a cutting board. Cut the tofu into the desired shapes and sizes you prefer for recipes and/or storing in the refrigerator.

Notes

Straining the Bean Mixture: It is very important that the mixture be 100% smooth for it to cook properly. Any larger pieces will not cook properly using this method for cooking (and could make you ill). If you are unable to blend until completely smooth, **do not use the mixture**. Alternatively, if there are only a few small pieces, strain the mixture through a fine mesh sieve and discard the pieces.

High Altitude: Quick soak may not work at high altitudes: Instead use a long soak in cool water (12 to 24 hours) for proper water absorption.

Storage: The tofu can be prepared up to 5 days ahead. Leave it in the original dish, or unmold it, cut into pieces, and store in an airtight container in the refrigerator until ready to use. Note that the tofu will become firmer the longer it sets.

Freezing the Tofu: Cut the tofu into cubes and place in an airtight container. Defrost the tofu in the refrigerator. The tofu will feel wet and springy once defrosted. Place the cubes between layers of paper towels to remove excess water (very gently press, as needed). Do not press hard or the tofu will fall apart.

Extra-Firm Tofu Option: The original recipe produces a firm tofu. For extra-firm tofu (ideal for frying, baking, and stir-frying), prepare the recipe as directed but only add 2 and 1/2 cups (591 mL) of tap water in step 4.

Silken Tofu Option: For silken tofu, prepare the recipe as directed but add 3 cups plus a tablespoon (about 680 mL) water (instead of 2 and 3/4 cups) in step 4.

Tip: Use the bean tofu as you would in any recipe calling for soy tofu. For a neutral tofu, use white beans (baby lima beans, Navy beans, cannellini, Great Northern).

Dangers of raw beans

Dry beans should not be eaten uncooked. Beans, lentils, and chickpeas all contain toxins which cause significant gastric symptoms. It is important to thoroughly cook all beans after soaking and discarding the soaking water.

Note: If your tofu did not set up, it was not cooked long enough. You MUST NOT EAT IT IF IT IS NOT SET.

Rules to remember:

1. Soak all beans overnight.
2. Drain the beans before cooking, and change the water.
3. Cook beans thoroughly, according to package directions.
4. Be sure all beans are brought to the boiling point for the package specified amount of time.
5. Never eat raw beans of any kind.

Tofu chocolate pudding

- 1 pound soft silken bean tofu
- ¼ to ½ cup unsweetened cocoa powder
- ¼ to ½ sugar of choice (cane sugar, honey, maple syrup, sugar free sweetener)
- ½ teaspoon vanilla extract

Mix all ingredients in a food processor until smooth. Some recipes use melted chocolate instead of cocoa, but this requires a chilling for several hours prior to use.