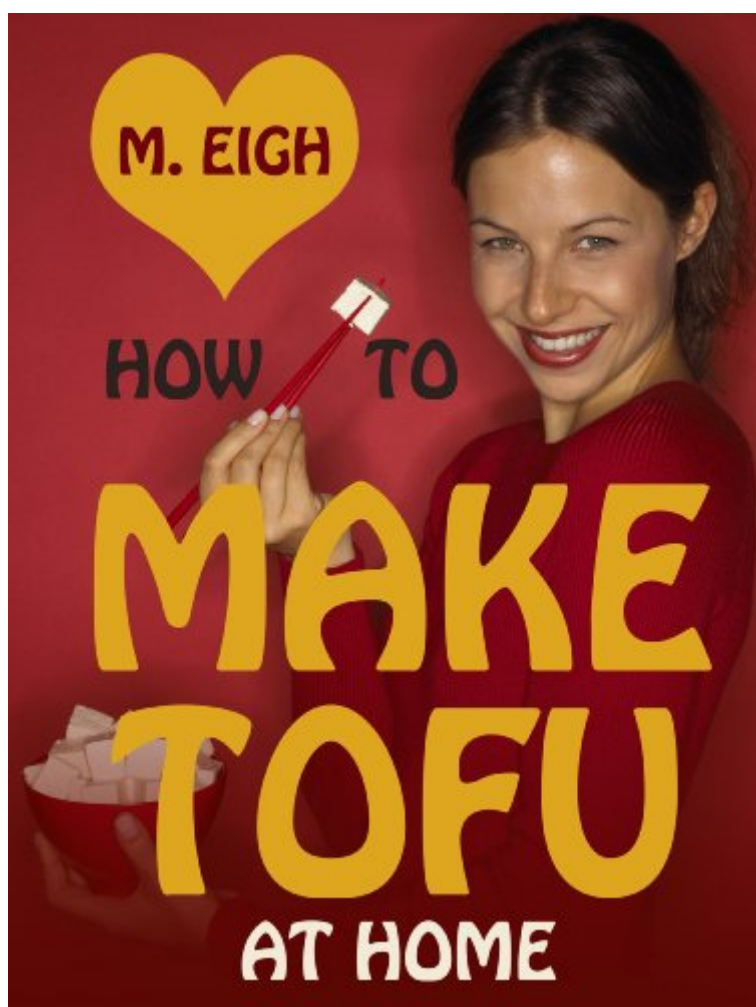


The book was found

How To Make Tofu At Home



Synopsis

How to Make Your Own Tofu at Home This book takes you, step by step and with verbose instructions as well as excellent photographs, through the process of making tofu at home, using common household cookware and generally available ingredients.

Book Information

File Size: 1240 KB

Print Length: 49 pages

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Cookbooks, Food & Wine > Special Diet > Wheat Free #721 inÂ Books > Health, Fitness & Dieting

> Diets & Weight Loss > Vegetarian

Customer Reviews

Do you know the history of tofu? Do you wonder how it was originally made? Do you even know what OKARA is? This wonderful informative book will let you know. Then, once you understand the basics, it will give you the instructions (easy actually) for making this at home - instructions in fact for Tofu, the byproduct Okara, and Soy Milk. You no longer need to buy prepared tofu (and whatever is in it) you can make your own, starting with the dried beans. After reading through this book I actually am planning to put in a plot of soybeans in my garden next year so that I can make it myself. Very informative - and very practical instructions!

Seems to be the healthiest of the two although I am sure that they both have benefits. I also thought

that the instructions on how to make was just a bit confusing. Probably need to read again and this time just a bit more slowly. Also index cards may help.

The book is quite interesting, the recipes easy to understand, and it is a way of knowing what is in what you are eating.

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