How to make soya sprouts

Soya sprouts can be eaten as a cooked vegetable. They are used in soups, salads, and side dishes. During sprouting some special sugars are used by the soy plant - this reduces intestine air problems and produces Vitamin C.

- Soak the beans overnight
- Place them in a covered container in the dark
- Sprinkle them with water every day to keep them cool and moist, but they should not be covered with water
- After five to ten days the sprouts will be two inches (5 cm) long
- Cook them for 2-4 minutes so the "beany" flavour disappears
- Sprouts are a fresh product and must be eaten soon after production or they will spoil

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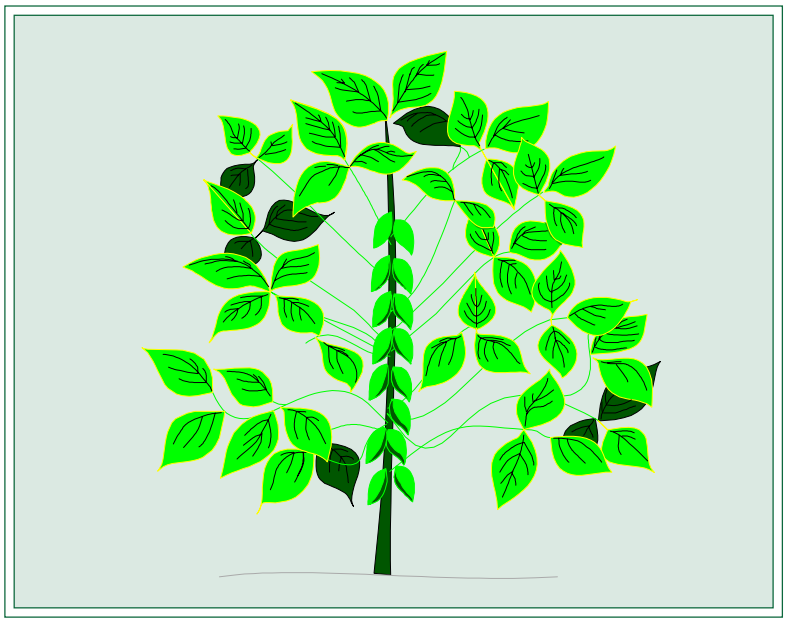
BOOKLET NO 3

HOW TO:

MAKE SOYA MILK, SPROUTED SOYA BEANS AND SOYA YOGHURT



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How to make soya milk, yoghurt and soy sprouts

Idea

The idea is to spread the system of making milk and yoghurt from soya beans. Soya beans contain much protein and the milk made from them is a good substitute when cow milk is not available.
Another plus is that soya contains isoflavones which boost the immune system.
The aim is also to spread the general use of soya beans.

Introduction

Soya beans are grown all over the world in both temperate and tropical climates. Seeds are easy to get most places and they are easy to grow. One big advantage growing soya is that like other legumes it fertilises the soil with nitrogen because of the bacteria living in nodules on the roots. These bacteria use Nitrogen from the air and make nutrients which the plant need to make proteins. It is not always the bacteria are in the soil and you then need to inoculate the seeds. This is done by finding a place where the soya has the nodules. If you press or open the nodules they should be red inside - then the soil is best to use.

- Let the milk cool to skin temperature - that is when you put a drop on your skin and you can't feel it as either hot or cold.
- Add a spoonful of yoghourt culture (first time you have to buy or get from somebody - from then on you just use some of the yoghourt already made)
- Keep it in a closed (clean) container in a warm place (in the sun) for half a day
- Eat with fruits, in salads, plain or sweetened

Shima or sadza is the staple food in most of Southern Africa. Using soya products together with the maize will greatly improve nutrition

The material remaining after soy milk extraction (soy pulp or okara) is just as nutritious as the soy milk. It is as a fresh product and used quickly ,for example cooked with vegetables and spices as in the TCE Restaurant soya recipes.

How to make soya yoghurt

The soy milk can also be made into yoghourt using the culture from normal yoghourt. Yoghourt is made when some special bacteria grow in the milk. They produce more proteins and are also very good to eat because they will make it more difficult for harmful bacteria to grow in your intestines. Research in Tanzania found that children eating porridges fermented with the same bacteria (togwa) have much less incidences of diarrhoea than if eating the normal porridges. Incidences of diarrhoea was nearly halved in the group eating togwa.
Another advantage is that this process makes food nutrients like iron and phosphates easier taken in by the body. These minerals are very important for growing children for producing blood and bones.
Soy yoghourt is for example produced and distributed to many children in Cuba.

Nitrogen-fixating nodules

Mix the soil with water and dip the seeds before sowing them.

Soya beans are mostly used for oil production and the leftovers used as animal feed.
It is not often that soybeans themselves are simply cooked and eaten. Some reasons are the long time needed to soften soybeans by cooking to make them into nice food, and problems with intestinal air due to the soluble sugars.
But with a few tips it is possible change this and make soya beans into good and healthy food.

Soya deserves to be spread much more as an important part of normal meals because:

- growing soya fertilises the soil
- soya contain more protein than other beans - up to 40 %
- milk made from soya beans is as good for children as cow milk

Soya milk is simple to make from the beans and do not need any special equipment. In this way it is possible to give milk to growing children who need a lot of protein.

Instruction

How to make soya milk

- Let the 1-2 cups of beans soak overnight with 3-5 cups of water
- Next day rinse the beans with clean water
- Boil them for about 10 minutes then drain off the water
- Pound (pulverise) the beans mixed with same amount of boiling water
- Pour the blended mixture through a clean cloth (T-shirt) - or a very fine sieve - to get the milk

- Squeeze the bag to get as much milk as possible. Add more boiling water to get the rest squeezed out
- Bring the milk to boiling point very carefully so it does not boil over
- Boil it for 10 minutes while stirring
- Drink it hot or let is cool. If you have honey, ginger or sugar mix in to sweeten

Mashing the soya beans with boiling water

The reason for boiling the milk is to get rid of a very strong “beany” taste. It also removes some special sugars which give gas in the intestines.