How to process soy beans into flour

Method

step 1. Get the quantity of soy beans you desire, clean it by remove foreign materials from it.

step 2. Wash beans in clean water.

step 3. Drop one cup of soy beans in six cups of boiling water and continue to boil for about 25 minute. Do not cover it.

step 4. Drain, wash, remove the coat and separate beans from the hull in cold water.

step 5. Dry the beans.


step 7. Store the flour in a dry, air tight container for not more than one month.

After the flour has been obtained, it can then be incorporated in our daily meals for a healthy live, see the following recipes.
Preparation of soy fortified soup

Method

step 1. Prepare any soup of your choice.

step 2. While the soup is on fire, mix a little quantity of soy flour with water and pour into the soup.

step 3. Allow the soup to boil for about fifteen minutes before serving.
Preparation of soy fortified fufu

Method

step 1. Mix a desirable quantity of soy flour with water to cassava dough texture

step 2. Wrap the mixture in a poly bags and boil together with yam or cassava.

step 3. Pound yam or cassava till the lumps turn into fufu.

step 4. Pound the boiled soy paste together with the fine fufu.

Note: if you want the fufu to be brown, roast the soy beans before milling into flour.
Preparation of soy fortified cerelac

Ingredients

4 parts maize
1 part raw soy flour, (raw soy beans milled into flour)
6 parts margarine
1 part sugar

Method

step 1. Mill the raw maize and soy beans separately into a smooth flour.

step 2. Mix the flour together with the sugar.

step 3. Roast the mixture bit by bit in a hot dry saucepan for about fifteen minutes each.

step 4. Pour all the roasted flour in a big bowl and mix the powder with margarine whilst it is warm.

step 5. Leave the mixture to cool down.

step 6. Roast the whole flour again bit by bit for about ten minutes each.

step 7. Allow the flour to cool. Your cerelac is now ready for use.

step 8. You may bag it in poly bag or in a container with lid.
Preparation of soy fortified banku

**Ingredients**

1 part soy paste  
2 parts cassava dough  
2 parts corn dough

**Method**

Mix the soy paste, corn and cassava dough with water and prepare banku as usual.
Preparation of soy milk

Ingredients

1 cup soy beans
a pinch of salt
a very little sugar
a few drops of vanilla essence

Method

step 1. Soak the soy beans for 8-10 hours.

step 2. Remove it from the water and wash it with fresh water. (You may remove the seed coat by rubbing them in your palm).

step 3. Mill or blend the beans into a smooth paste.

step 4. Mix the paste with enough clean water to the thickness of the milk.

step 5. Sieve it through a very fine material.

step 6. After sieving keep the chaff for banku, fufu or animal Feed.

step 7. Simmer the sieved liquid with a low fire for about thirty minutes, stirring continuously.

step 8. Take it off the fire and allow it to cool.

step 9. You may now add little sugar, salt and vanilla essence or any flavour of your choice. The soy milk is ready for use.
Preparation of soy Dawadawa

Ingredients

1 Cup soy beans
Salt to taste

Method

step 1. Soak the soy beans for about 4 hours.

step 2. Boil it for 45 minutes.

step 3. Wash it very well and dehull (Remove the seed coat).

step 4. Pour it into a rubber basin, add salt and mix thoroughly. (You may break the beans when possible or pound it in a mortar a little to crack the beans in order to obtain a smooth Dawadawa).

step 5. Wrap it in a polythene bag. Wrap the first bag in a second polythene bag. The second should be a black one.

step 6. Dig a hole in the ground and bury the wrapped soy beans in it. Cover it with soil and leave it there for 10 days.

step 7. Remove it from the hole and pour into a container. Mix it again thoroughly and mould into desirable shapes and dry it thoroughly.

It is ready, you may use it for stew, soup etc as the normal Dawadawa.