

Homemade Tofu with Gypsum

Tofu made with gypsum, also known as "nigari" tofu, which is the traditional coagulant used in making tofu.

Stop buying inferior store bought tofu.

Food-grade gypsum is a natural mineral used to coagulate the soy milk, creating a creamier and firmer tofu with a lovely texture. This method is actually the classic way of making tofu in Japan!

Ingredients

- 2 cup dried soybeans (this will make about 1 block of tofu)

- 1/2 tsp Shroomability brand gypsum powder

- 8 cups water (for dissolving gypsum)

- 10 cups water (for soaking soybeans)

Equipment Needed:

- A blender or food processor

- Cheesecloth or a nut milk bag (for straining)



Instructions

1. Soak the Soybeans:

- Rinse the soybeans well to remove any dirt or debris.

- Soak the soybeans in 5 cups of water overnight (at least 8 hours). This will soften them, making it easier to blend them into soy milk.

2. Make Soy Milk:

- Drain and rinse the soaked soybeans.

- Add the soybeans to a blender or food processor with 4 cups of fresh water.

- Blend until you get a smooth, thick soy milk consistency. Depending on your blender, you might need to blend in batches.

3. Strain the Soy Milk (Making Okara):

- Line a large bowl with cheesecloth or a nut milk bag. Pour the blended soybeans and water through the cloth to strain out the solid bits (this is called okara, a byproduct of soy milk).
- Squeeze the cloth to get as much liquid out as possible. Keep the okara for other uses like baking or adding to soups!

4. Prepare the Gypsum Coagulant:

- Dissolve the gypsum in 1/2 tsp of gypsum into 8 cups of warm water. Stir until fully dissolved. This will be your coagulant (or “nigari” solution).

5. Heat the Soy Milk:

- Pour the strained soy milk into a large pot and heat it over medium heat.



- Stir frequently to prevent the soy milk from burning. Heat it until it just begins to simmer, but don't let it boil. As mixture heats up lower to a gentle heat to prevent a rapid boil-over.

6. Coagulate the Soy Milk:

- Once the soy milk is heated, slowly pour in the gypsum solution (coagulant) while gently stirring the soy milk.
- You'll see curds (the tofu) begin to form almost immediately. Once you've added all the coagulant, stop stirring and cover the pot. Let the curds sit for about 15–20 minutes to fully set.

7. Prepare the Tofu Mold:

- While the curds are setting, prepare your tofu mold. Line it with cheesecloth, making sure there's enough hanging over the edges to fold over the tofu later.

8. Drain the Tofu:

- Once the curds have fully formed and the whey (the liquid) has separated, gently ladle the curds into the prepared tofu mold.

- Fold the cheesecloth over the tofu and place a heavy object (such as a can or small pot) on top to press the tofu. The longer you press, the firmer the tofu will be.



- Press for at least 15–30 minutes depending on your desired tofu texture (shorter press time = softer tofu, longer press = firmer tofu).

9. Unmold the Tofu:

- After pressing, carefully unfold the cheesecloth and remove the tofu from the mold.
- The tofu is now ready to be used! You can slice it, store it in water, and refrigerate it for up to 4-5 days.

Coagulation Tip: If your tofu isn't setting properly, try increasing the amount of gypsum solution slightly, or ensure the soy milk is hot enough when you add the coagulant.

- **Use Fresh Soybeans:** The fresher the soybeans, the better the tofu. If possible, use organic or high-quality soybeans for the best flavor.