



Making Soy Milk and Tofu at Home: The Asian Tofu Guide to Block Tofu, Silken Tofu, Pressed Tofu, Yuba, and More

Andrea Nguyen

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Why make tofu yourself? Because experiencing tofu's flavors and textures at its peak--freshly made, creamy, and subtly sweet--is the best way to explore this treasured staple. In this handbook, Andrea Nguyen, one of the country's leading voices on Asian cuisine, shows how easy it is to transform dried soybeans, water, and coagulant into luscious soy milk that can then be used to create a wide variety of tofu at home. With minimal equipment required and Nguyen's clear, encouraging step-by-step instructions, making soy milk and tofu from scratch is a snap for cooks of all levels.



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