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SOYA BEAN
and its recipes



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economy environment employment

SOYA BEAN and its recipes



United Nations Industrial Development Organization
Vienna, Austria

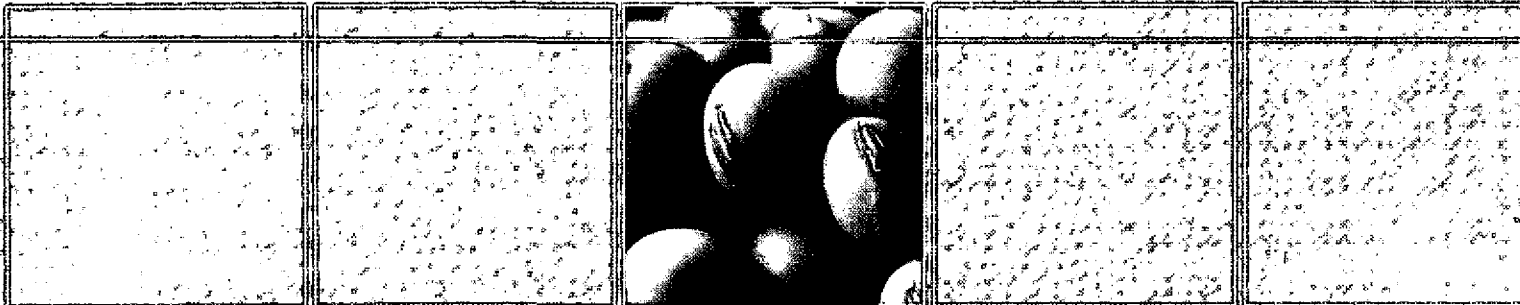
Japan Silver Volunteers
Tokyo, Japan

Contents

Acknowledgements	4
Introduction	5
Nutrition	7
Soya bean processing	9
Soya bean recipes	10
<i>Paste</i>	<i>11</i>
<i>Flour</i>	<i>11</i>
<i>Soya Milk</i>	<i>12</i>
<i>Tofu (Soya beans curd)</i>	<i>12</i>
<i>Tofu in Chicken Soup</i>	<i>13</i>
<i>Tofu Picatta</i>	<i>14</i>
<i>Tofu and Chopped-chicken Soup</i>	<i>15</i>
<i>Braised Tomatoes and Tofu</i>	<i>16</i>
<i>Soya-yam Balls (using common yam <i>Dioscorea rotundata</i>)</i>	<i>17</i>
<i>Kosai Gwaza with Soya milk Residue (soya milk residue cocoyam balls)</i>	<i>18</i>
<i>Soya-yam Balls</i>	<i>19</i>
<i>Tofu in Fish/Meat Patties</i>	<i>20</i>
<i>Soya-ekuru and Pepper Sauce</i>	<i>21</i>
<i>Grilled Tofu (Recipe A)</i>	<i>22</i>
<i>Grilled Tofu (Recipe B)</i>	<i>23</i>
<i>Butter-fried Tofu</i>	<i>24</i>
<i>Fried Tofu Balls</i>	<i>25</i>
<i>Yaki-dofu and Chicken Meat</i>	<i>26</i>
<i>Tofu-plantain Pottage</i>	<i>27</i>
<i>Tofu au Gratin</i>	<i>28</i>
<i>Fried Tofu in Vegetable Soup</i>	<i>29</i>
<i>Ikokoru with Tofu</i>	<i>30</i>
<i>Fried Plantain with Tofu Stew</i>	<i>31</i>
<i>Soya Milk Residue in Vegetable Stew</i>	<i>32</i>
<i>Scrambled Tofu</i>	<i>33</i>
<i>Tofu Omelette</i>	<i>34</i>
<i>Tofu in Peppery Beef Sauce</i>	<i>35</i>
References	36

Acknowledgements

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Introduction

Soya bean is useful both as a pulse and an oil seed. Soya bean utilization for food in China, Japan and other Asian countries is high. Japan has the highest per capita consumption of soya bean mainly because of advanced Japanese technology in processing and manufacturing of highly acceptable and palatable soya bean products.



Nutrition

The crop has been produced for a long time in the southern African region since as early as the 1970s, however, it was towards the end of the 1980s that the production of soya bean picked up. Soya bean is a rich source of proteins and energy (see table 1).

Table 1. Nutrient composition of soya bean and common foods rich in proteins

<i>Food item</i>	<i>Water (g)</i>	<i>Energy (kcal)</i>	<i>Protein (g)</i>	<i>Fat (g)</i>	<i>Carbohydrate (g)</i>
Soya bean	11	405	34.0	18.0	29.00
Kidney bean	12	320	22.0	1.5	57.00
Ground nuts	7	570	23.0	45.0	23.00
Beef	63	235	18.0	18.0	-

Source: The composition of foods commonly eaten in East Africa, 1988.

The content of protein that soya bean contains is the highest among the edible grain legumes. When soya bean is consumed together with grain cereals, as is usually the case in Malawi, they provide a high quality protein equivalent to that of meat, eggs, etc. This is because the amino acids that are present in limited amounts in soya bean protein (methionine and tryptophan) are adequately complemented for by those found in grain cereals such as maize and rice. Based on this merit, soya bean has been used in the prevention and treatment of protein energy malnutrition in young children, as well as in improving the nutritional status of the community.

Soya bean, with its high protein content, could be a substitute for expensive meat products as there is a worldwide shortage of affordable protein. It is estimated that 1 hectare of land used for grazing purposes will produce enough meat to satisfy one man's protein needs for 190 days, wheat will provide enough protein for 2,167 days, but soya bean will yield enough protein for 5,496 days. Soya bean is used to produce textured vegetable protein (TVP) to replace meat (see table 2).

Despite the high nutritional merits utilization of soya bean, in Malawi for example, is mainly consumed as a baby food in "Likuni Phala" which is the major product being processed both at household level

and by the industry. The slow pick up in utilization of soya bean is due to the fact that unlike other common beans, soya bean requires processing of some kind before it can be utilized.

Table 2. Comparison of basic nutrients between soya milk and cow milk (percentage)

<i>Nutrient</i>	<i>Soya milk</i>	<i>Cow milk</i>
Protein	5.7	3.5
Lipids	2.4	4.0
Carbohydrates	1.4	4.2
Minerals	0.8	0.7
Water	89.7	87.6

Soya bean processing

Activation of anti-nutritional factors

Soya bean contains anti-nutritional factors which compromise the utilization of some nutrients by the human body. The prominent anti-nutritional factor in soya bean is a trypsin inhibitor. Trypsin is an enzyme secreted in the gastrointestinal system which assists in the digestion of proteins. These trypsin inhibitors hinder the digestion of the protein components such that it is not available to the body. The trypsin inhibitors are susceptible to heat, as such they can be denatured during the heat processing of soya bean. Therefore it is necessary to expose soya bean to heat treatment so that the trypsin inhibitors can be denatured. Moist heat at boiling temperature for 25 to 30 minutes has proved adequate in deactivating trypsin inhibitors.

Removing the characteristic "beany" taste

If raw soya bean is broken down, a reaction occurs involving a substance called lipoxygenase. Lipoxygenase is an enzyme that catalyzes the oxidation of unsaturated fatty acids resulting in an undesirable flavour. If the whole undamaged bean is dropped into boiling water and boiled for at least 5 minutes, the lipoxygenase is destroyed and the "beany" taste is greatly reduced.

Attaining a palatable form for consumption

Unlike other pulses, such as common beans and cowpeas, soya bean cannot be cooked in the conventional African way of cooking beans i.e. boiling until soft. This is due to the difference in starch composition. Soya bean contains a lower amount of starch and will require a considerable longer cooking time to soften.

The main soya bean product widely found on the market is Likuni Phala. However, there are other products such as textured soya protein pieces, soya bean cooking oil, soya flour and soya milk which are also available on the market. Some of these products can be produced with minimal machinery as well as household equipment. Thus they are ideal for small and medium enterprises to produce for the domestic market.

Micro, small and medium enterprises in soya bean processing have the potential to grow because of the versatility of soya bean. A wide variety of nutritious and palatable food products can be produced from soya bean.

Africa now faces increasing problems of malnutrition, particularly protein deficiency. Soya bean can be grown in Africa successfully. African people can easily use them in their diets and develop their own recipes to suit their tastes.

Soya bean recipes

Paste

Preparation

Clean soya bean by removing stones and dirt.

Drop 1 cup of soya bean into 6 cups of boiling water and continue to boil for 20 minutes. Do not cover.

Drain.

Grind soya bean into a smooth paste at the local mill or on a grinding stone.

Paste can be kept in a cool place for 24 hours, or dried and stored for a longer time.

Flour

Soya flour can be produced in two different ways:

Cooked soya flour

Preparation

Clean soya bean by removing stones and dirt.

Warm soya bean on fire in a pan.

Split the seed on a grinding stone.

Winnow out the hulls.

Roast for 20 minutes.

Grind soya bean into flour at the local mill or on a grinding stone.

Store in a dry container until use.

The soya bean in this flour has been cooked for 20 minutes. So, when the flour is added to other foods, it only needs to be heated.

Raw soya flour

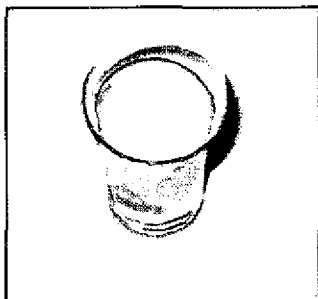
Preparation

Clean soya bean by removing stones and dirt.

Grind soya bean into flour at the local mill or on a grinding stone.

Store in a dry container until use.

The soya bean in this flour has not been cooked. Before eating with other foods or using in making milk, this flour must be cooked.



Soya Milk

Ingredients:

300g soya bean

Preparation:

Clean soya bean (300g) by removing stones and dirt.

Soak soya bean in water (900cc) for one night.

Grind using a blender (or a mixer).

Boil gradually the ground soya bean with additional water (1300cc) for 8 minutes.

Drain using muslin cloth.

Soya milk.

Tofu (Soya beans curd)

Ingredients:

300g soya bean

Preparation:

Note: Tofu is made from soya milk.

Clean soya bean (300g) by removing stones and dirt.

Soak soya bean in water (900cc) for one night.

Grind using a blender (or a mixer).

Boil gradually ground soya bean with additional water (1300cc) for 8 minutes.

Drain using muslin cloth.

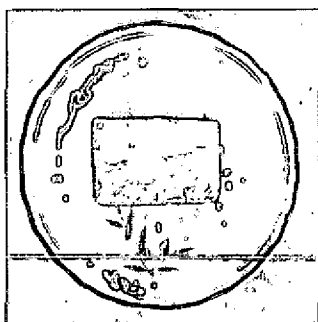
Soya milk.

Coagulation process.

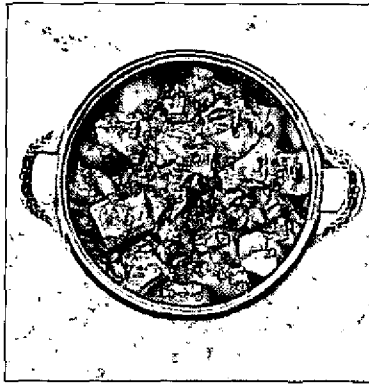
Add coagulant (9 g in 100 cc of tepid water, Coagulant: calcium sulphate, calcium chloride, magnesium chloride, glucono-deltalactone) to the soya milk (70-75 °C).

Moulding.

Tofu.



Tofu in Chicken Soup



Ingredients:

400 g tofu

200 g light stock

100 g diced chicken meat

50 g tomatoes

1 clove garlic

30 g red pepper

4 g salt

6 g cassava starch,

14 g soya bean vegetable oil

Preparation:

Dip tofu into 3 cups boiling water. Remove. Cut into cubes (1 cm sq) and drain in a colander.

Cut garlic clove into half. Split red pepper, discard the seeds, and chop finely.

Heat soya bean/vegetable oil in large frying pan. Sauté garlic to flavour oil. When oil is flavoured, remove and discard garlic.

Into the flavoured oil put the chopped tomatoes, red pepper, and diced chicken. Stirring constantly, sauté these ingredients.

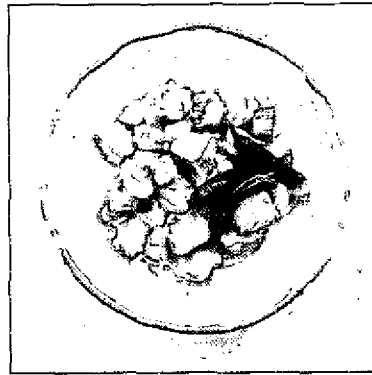
When the meat is brown, add salt and water/stock and bring to boil.

Add tofu and mix thoroughly.

Add soy sauce.

Finally, stir in the cassava starch dissolved in 2 teaspoonfuls of water. Cook till the mixture is thick and clear. Serve immediately.

Tofu Picatta



Ingredients:

500 g tofu

6 g ginger root

16 g soy sauce

16 g grated parmesan cheese

12 g salad oil

2 eggs

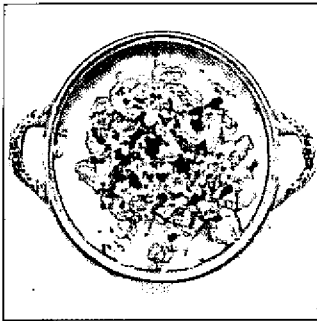
Flour or corn starch for coating

Preparation:

Drain the tofu in a colander. Cut into bite-sized pieces (about 1 cm thick). Grate the ginger and mix with soy sauce. Marinate the tofu pieces in this mixture for a while. Coat the pieces of tofu evenly with flour or corn starch. Beat the eggs lightly and mix with the parmesan cheese. Coat the pieces of tofu with this mixture.

Heat salad oil in a frying pan and fry the tofu pieces till golden brown, taking care not to burn them.

Arrange on serving plates. Provide dishes of the ginger and soy sauce dip. Or replace this dip with tomato ketchup, mayonnaise, lemon juice, mustard, or a mixture of lemon juice and soy sauce.



Tofu and Chopped-chicken Soup

Ingredients:

300 g block tofu

100 g boned, skinned chicken breasts

12 g wine

22 g egg white (white of 1 egg)

8 g corn starch/cassava starch

414 g of good chicken stock

Pinch of salt

Small amount of lard/butter

Small amount chopped parsley/ginger/scallion

Preparation:

Boil the tofu briefly in two cups of water. Drain and pound in a mortar or run through a food processor.

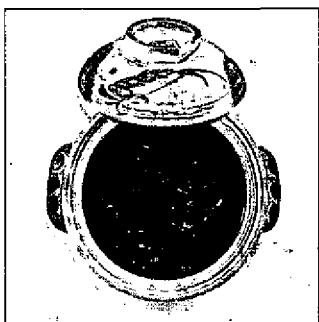
Remove tendons from chicken breasts. Chop finely and pound in a mortar or run through a food processor. Season with wine and add lightly beaten egg white.

Combine tofu and chicken breasts. Add to this mixture 1 table spoon corn starch dissolved in 2 tablespoons of water.

Boil chicken stock and season it with salt.

Gently pour the tofu and chicken mixture into the boiling soup. Reduce heat to a minimum. When the chicken meat simmers, add the lard/butter. Remove from the heat.

Note: It is important not to overcook the soup. Serve sprinkled with chopped parsley/ginger/scallion.



Braised Tomatoes and Tofu

Ingredients:

500 g tofu

200 g sliced chicken meat

134 g tomatoes (7 medium size)

126 g gravy

16 g salad oil

8 g red-pepper oil

20 g dash of pepper

6 g salt

6 g onions

Preparation:

Cut the tofu into moderately large cubes and allow to drain for a while in a colander.

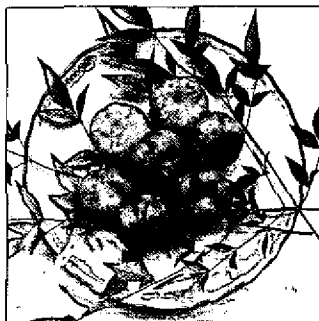
Cut chicken into slices and cook it adding salt and onions.

Cut the tomatoes into eight wedges.

In a large frying pan, heat salad oil. Sauté the chicken till it changes colour. Add the tofu, tomatoes, red-pepper oil, and pepper.

When the mixture is almost ready, add the gravy.

Transfer mixture into an earthenware casserole dish or other casserole dish that can be used for serving.



Soya-yam Balls (using common yam *Dioscorea rotundata*)

Ingredients:

300 g soya milk residue

100 g peeled, boiled yam

80 g pepper

40 g onions

5 g salt

50 g cassava starch (binder)

Preparation:

Mash the boiled yam to a smooth paste.

Mix thoroughly the mashed yam with the soya residue.

Add salt.

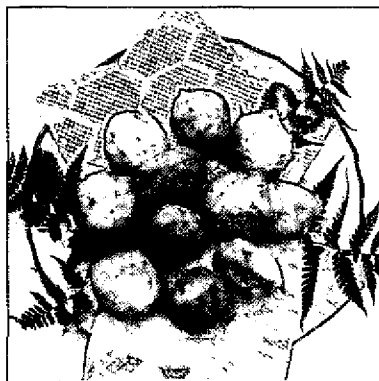
Grind the pepper and onions; add mixture to the paste (i.e. mashed yam and soya milk residue), mixing thoroughly.

Add the cassava starch to the paste. Divide into balls.

Deep-fry in hot oil for about 3 min.

Note: Two types of soya milk residue were used in the recipes: (a) residue from whole soya bean and (b) residue from soya flour. Soya milk residue from "a" was the most acceptable.

Kosai Gwaza with Soya Milk Residue (soya milk residue cocoyam balls)



Ingredients:

548 g grated cocoyam

42 g onion

34 g sweet pepper

1 egg

8 g salt

groundnut oil for frying

148 g soya milk residue

Preparation:

Wash, peel and grate the cocoyam.

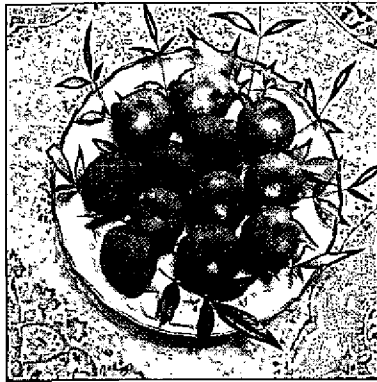
Grind the pepper and onions together.

Mix the egg, pepper and salt together in a bowl and add the soya milk residue and cocoyam paste. Beat vigorously. Divide into balls.

Fry in deep oil till brown. Drain from oil and serve warm.

Note: Serve as a snack.

Soya-yam Balls



Ingredients:

300 g soya milk residue

100 g water yam

100 g water

60 g pepper

40 g onions

5 g salt

50 g cassava flour/starch (binder)

Preparation:

Grate the peeled water yam.

Add the water to the soya milk residue and homogenize (blend).

Mix the homogenized soya-residue with the grated water yam.

Add salt.

Grind pepper and onions.

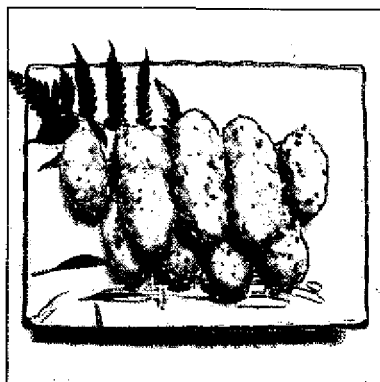
Add ground pepper and onions to the mixture and mix thoroughly.

Add the cassava starch/flour to the paste.

Deep-fry in hot oil for about 3 min.

Note: Serve as a snack.

Tofu in Fish/Meat Patties



Ingredients:

250 g tofu

25 g mackerel (cooked)/minced meat (raw)

4 g salt, Oil for frying, Vegetables (optional)

Preparation:

Wrap the tofu with a clean cloth, put about 200 g weight on top of the wrapped tofu for 30 minutes to allow some water to drain.

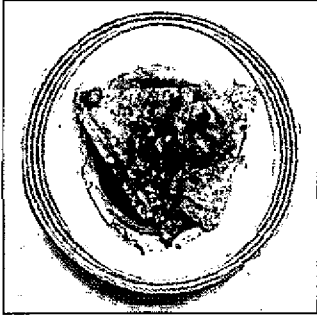
Crush the tofu and mix carefully with smooth fish paste/meat paste. Add salt and mix thoroughly.

Add vegetables (diced carrot, green peas, etc). Mix again (optional).

Wet your hands or oil them. Divide the mixture into about 16 parts and shape each part into a fairly broad, oval patty.

Heat the oil to 340 °F (170 °C) and fry the patties until golden brown.

Note: Serve as a snack. The patties can be coated with flour before frying them.



Soya-ekuru and Pepper Sauce

Ingredients:

60/80 g soya bean

12/14 g cowpea

40 g tomatoes

30 g sweet pepper

18 g hot pepper

20 g onion

80 g palm oil

20 g shrimps

1 seasoning/stock cube

2 g salt

200 g water, Leaves (for wrapping)

Preparation:

Ekuru Paste

Soak soya bean overnight (8 hours).

Soak cowpea (beans) in water for 3 min. and remove coat by rubbing the seeds between your palms. Do the same to the soaked soya bean.

Wash both very well and grind together with water.

Wrap the paste with leaves and steam in a steamer for 25 min.

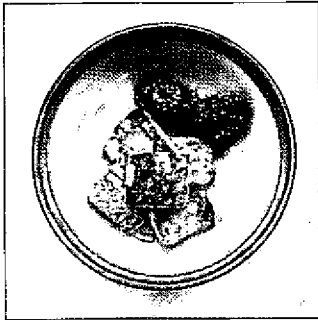
Pepper Sauce

Grind peppers and onion together.

Fry the ground pepper, etc., in hot oil until "dry".

Add seasoning cube, shrimps and salt to taste. Pour sauce on the mashed ekuru and mix thoroughly with a spoon.

Note: Serve immediately as main dish or a snack.



Grilled Tofu (Recipe A)

Ingredients:

500 g tofu

10 g crushed onion

6 g salad oil

Pinch of pepper (dried), Pinch of thyme

1 seasoning/stock cube

Preparation:

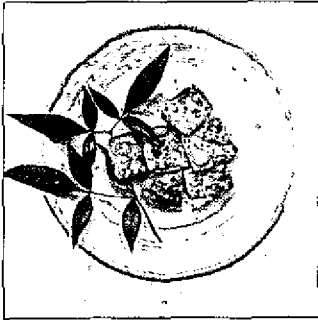
Cut tofu crosswise in slices 1 cm thick. Wrap with a clean dry cloth and leave to drain, weighted on a tilted board for between 30-60 min.

In a bowl combine onion, salad oil, pepper, thyme and seasoning cube, dissolved in a small amount of hot water, to make a marinade.

Allow the tofu slices to marinate in this mixture for a few minutes. On a wire grill over charcoal or other open fire, toast the tofu till browned and heated through. Brush on additional marinade from time to time during the grilling and take care not to let the sauce burn.

Note: Serve as a snack.

Grilled Tofu (Recipe B)



Ingredients:

500 g tofu

28 g crushed scallion

12 g soy sauce

4 g crushed garlic

2 g minced ginger

2 g sesame oil

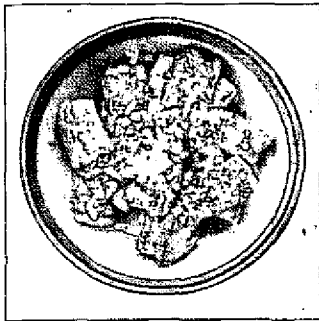
Preparation:

Cut tofu crosswise into slices 1 c thick. Wrap with a clean dry cloth and leave to drain, weighted on a tilted board for between 30-60 min.

In a bowl, combine scallion, garlic, ginger, soy sauce and sesame oil to make a marinade.

Allow the tofu slices to marinate in this mixture for a few minutes. On wire grill over charcoal or other open fire, toast the tofu till browned and heated through. Brush on additional marinade from time to time during the grilling and take care not to let the sauce burn.

Note: Serve as a snack.



Butter-fried Tofu

Ingredients:

500 g tofu

22 g onion

406 g butter

2 g salt

1 seasoning cube

Preparation:

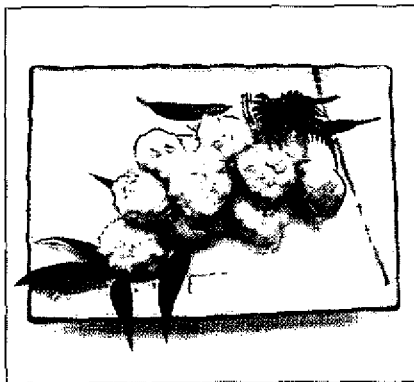
Select firm tofu. Cut each block vertically in half and crosswise into slices 2 cm thick.

Peel onion and slice into thin semicircular slices. Sprinkle with salt, wrap in a towel, and allow to stand in running water long enough to remove strong taste. Melt butter in a frying pan. Wipe the pieces of tofu dry with a towel. Fry in hot butter until brown.

Serve the fried pieces sprinkled with minced sliced onion, seasoned with salt and seasoning cube.

Note: Serve as a snack. Butter-fried tofu is delicious served with a dipping sauce made of soy sauce and mustard or soy sauce and lemon juice.

Fried Tofu Balls



Ingredients:

300 g tofu

2 g ginger root

200 g ground chicken

4 g salt

2 g powdered pepper

1 egg yolk

Oil for frying

Preparation:

Wrap the tofu in a clean cloth. Put about 20 g weight on top of the wrapped tofu to allow some water to drain off (about 30 min).

Grate ginger.

Pound the tofu to a smooth paste in a mortar. Add chicken meat and mix thoroughly.

Add egg yolk, ginger, salt and pepper. Blend well.

Wet your hands and form the mixture into small balls.

Heat the oil to 340° F (187°C) and fry the balls until golden brown.

Note: Serve as a snack.

Yaki-dofu and Chicken Meat



Ingredients:

500 g yaki-dofu*

90 g chicken meat/liver and gizzard

8 g wine

8 g soy sauce

10 g scallion

14 g salad oil

18 g soy sauce

2 g powdered red pepper

Preparation:

Fry the tofu lightly (shallow frying) to yaki-dofu. Cut the yaki-dofu into cubes (2 cm sq).

Boil the chicken. Cut into 2 cm sq cubes to a side. Mix 8 g of wine with 8 g of soy sauce and sprinkle mixture over the chopped chicken meat.

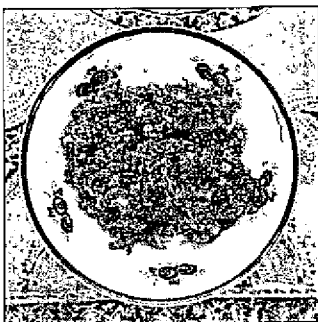
Cut the scallion into diagonal slices.

Oil the frying pan with salad oil. Sauté the chopped chicken in the oil. Add soy sauce.

Add scallion and yaki-dofu in that order and simmer till the ingredients are hot and well flavoured.

Sprinkle with red pepper before serving.

*Note: *Yaki-dofu is fried or grilled tofu. Serve as main dish.*



Tofu-plantain Pottage

Ingredients:

300 g tofu

400 g plantain

60 g sweet pepper

50 g tomatoes

20 g hot pepper

25 g onion

50 g palm oil

50 g smoked fish

4 g salt

4 g soya iru

Preparation:

Boil the tofu in 3 cups of water. Drain in a colander.

Grind the peppers, tomatoes and onion.

Peel the plantain, cut into small sizes, cook till soft.

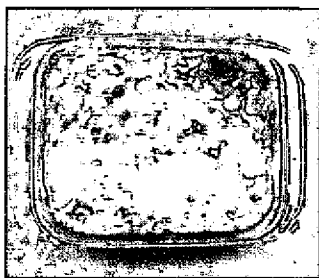
Add the palm oil, ground mixture and smoked fish to the cooked plantain.

Crumble the tofu into the mixture after 5 min.

Add salt and season with soy-iru.

Cook for 15 min after which you mash with a wooden spoon.

Note: Serve as main dish.



Tofu au Gratin

Ingredients:

500 g tofu

2 g salt

2 g dry pepper

150 g sliced chicken (boiled)/bacon/minced meat

18 g onion

4 g salad oil

24 g butter

3 eggs

120 g milk

4 g salt

Dash of nutmeg

40 g grated cheese

Preparation:

Wrap tofu with a clean dry cloth and leave for a few min to drain. Cut crosswise in slices 1cm thick. Sprinkle with salt and pepper.

Mince boiled sliced chicken and onion.

Heat salad oil in a frying pan and sauté the chicken and onion in it. Add butter and tofu and fry for one or two min.

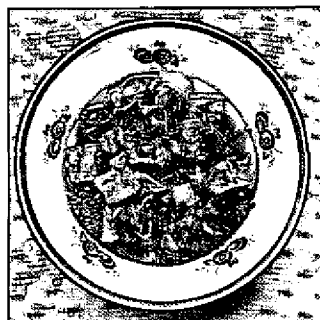
Arrange the tofu slices in an ovenproof casserole dish or in individual ovenproof serving dishes. Top with the minced onion and chicken bits.

In a bowl, mix lightly beaten eggs, milk, salt and nutmeg. Strain mixture.

Pour the egg mixture over the tofu. Top with grated cheese and bake in an oven heated to 400° F (205° C) for 40 min.

Note: Serve alone.

Fried Tofu in Vegetable Soup



Ingredients:

220 g vegetables (spinach or any other type) _____

230 g tomatoes _____

28 g hot pepper _____

28 g sweet pepper _____

40 g onions _____

150 g smoked fish _____

100 g palm oil _____

226 g fried tofu _____

Preparation

Wash and cut the vegetables. Part boil for 3 min and squeeze out water.

Grind together the tomatoes, peppers and onions.

Pour the oil into the pot, allow it to get hot, add the ground tomatoes, etc. Cover and allow to cook for 10 min and add the smoked fish.

Add salt, cook for 15 min.

Add the fried tofu.* Cook for 3 min.

Finally, add the squeezed vegetables. Cover the pot and allow to simmer for about 2 min.

** Preparation of fried tofu:*

Wrap tofu in a clean kitchen towel.

Cut it into different sizes.

Deep-fry in hot oil (170° C) till colour changes to golden brown.

Note: Serve with eba, fufu, or tuwo.



Ikokoru with Tofu

Ingredients:

500 g tofu

790 g grated water yam

4 g iru (soya iru)

8 g salt

8 g dried shrimps

183 g palm oil

8 g dry pepper

345 g fish stock

130 g fish

660 g water

Small onion

Preparation:

Wash, peel and grate water yam. Wrap the tofu in cheesecloth to drain off some water for 5 min., cut into bite-size pieces, and fry in oil.

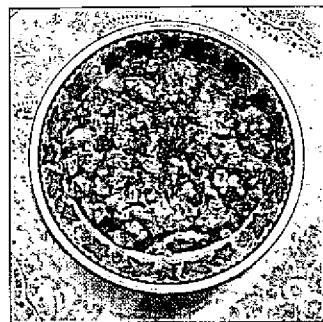
In a cooking pot, add soya iru, salt, dried shrimps, fried tofu, dried pepper, fish stock, onion, water, and the fish (mashed). Boil for 20 min.

Add the palm oil and boil further for 5 min.

Add the grated water yam to the boiling mixture and mix with a ladle to ensure even distribution. Reduce the heat and simmer for 30 min. This food can be taken with gari or eaten as stew with eba.

Note: Serve as main dish with a dip of mustard and soy sauce or with a blend of salt and powdered pepper.

Fried Plantain with Tofu Stew



Ingredients:

300 g tofu

150 g palm/vegetable oil

120 g tomatoes

90 g sweet pepper

20 g hot pepper

50 g onion

8 g salt

1 seasoning/stock cube

4 sticks of plantain

Oil for frying, Water

Preparation:

Crumble the tofu and boil for 2-3 min with half of the salt in 3 cups of water. Drain the tofu in a colander lined with a kitchen towel.

Grind the ingredients (peppers, onion and tomatoes) together.

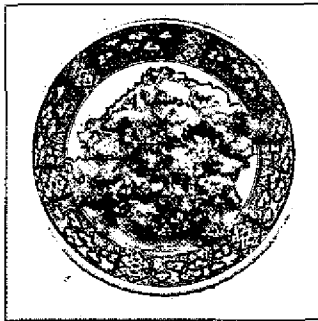
Heat oil to about 100°C, add the ground ingredients, the seasoning cube and salt. Cover the pot and cook for 20 min.

Add the drained crumbled tofu and allow to steam on a low heat for about 10 min.

Cut plantain into slices and fry in hot oil.

Serve the fried plantain with the stew.

Note: Serve as main dish. This stew could also be served with boiled plantain, boiled yam, or boiled rice.



Soya Milk Residue in Vegetable Stew

Ingredients:

150 g vegetables (spinach or any type)

100-250 g soya milk residue

200 g tomatoes

90 g sweet pepper

5-18 g onion

100 g smoked fish

6 g salt (or add to taste)

150 g palm oil

1 seasoning/stock cube

Preparation:

Wash and cut the vegetables. Part boil for 3 min.

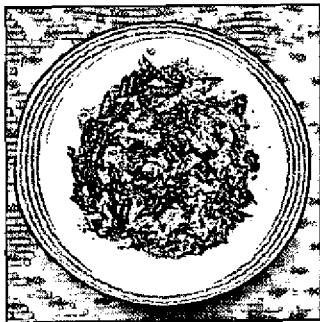
Grind tomatoes, peppers and onion together.

Heat oil in a pot until hot (i.e. until it emits blue smoke). Add the ingredients, cover the pot and allow to cover for 10 min, add the smoked fish, seasoning cube, and salt. Cook for 5 min.

Add the soya residue and some water. Cook for another 10 min.

Finally squeeze the part boiled vegetables and add to the pot. Cover the pot and allow to simmer for about 2 min on low heat.

Note: Serve with eba, fufu, or tuwo.



Scrambled Tofu

Ingredients:

300 g tofu

20 g green beans/peas*

14 g salad oil

60 g pepper

40 g onion

2 g sugar

6 g salt

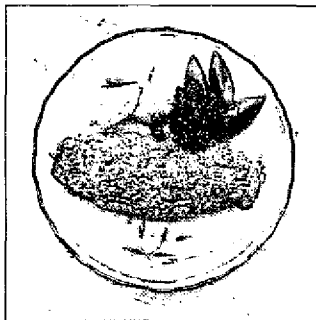
Preparation:

Crumble the tofu in a saucepan. Add 2 cups of water and bring to boil. Drain in a colander lined with a clean kitchen towel.

Part boil the green beans/peas in one cup of hot water. Drain. In a saucepan combine one cup of water and small amounts of sugar and salt. Boil the green beans/peas briefly in this liquid. Drain and cut into long thin strips (julienne strips). In a large frying pan, add salad oil. Cut pepper and onions into small pieces and sauté. Add the green beans/peas. Next add the drained tofu. Stirring constantly, cook till all liquid has evaporated. Season with sugar and continue cooking for about 2 min.

Serve hot.

*Note: *Green cowpea could be used as a substitute for the green beans/peas. Serve as scrambled egg.*



Tofu Omelette

Ingredients:

354 g tofu

30 g white onion

20 g parsley

12 g salad oil

70 g ground pork

4 g salt

2 g curry powder

24 g tomato ketchup

4 eggs

200 g boiled and buttered potatoes/yam

120 g tomato

Preparation:

Wrap the tofu in a clean towel and allow to stand, lightly weighted, in a colander to drain. Crush finely.

Mince the onion and half of the parsley.

Heat the salad oil in a frying pan. Sauté the minced onion till translucent. Add ground pork and minced parsley. Continue sautéing till the meat changes colour. Add tofu, salt, curry powder and tomato ketchup. Stirring constantly, simmer till done. Remove from the pan and cool slightly.

Break the eggs in a bowl and add to the meat and tofu mixture.

Fry a quarter of the mixture in omelette form. Repeat with the remaining ingredients to make a total of four omelettes. Serve garnished with boiled and buttered potatoes or yam, tomato wedges and parsley.

Note: Serve as egg omelette.

Tofu in Peppery Beef Sauce

Ingredients:

300 g tofu

100 g beef (or any type of meat)

30 g pepper

14 g soya bean/vegetable oil

20 g soy sauce

18 g water/beef stock

6 g ginger

4 g garlic

6 g cassava starch

4 g salt

Preparation:

Dip the tofu into 3 cups of boiling water. Remove. Cut into cubes (1 cm sq) and drain in a colander.

Cut ginger into thin slices, cut garlic clove into two. Split peppers, discard the seeds, and chop finely.

Heat soya bean/vegetable oil in a large frying pan. Sauté the ginger and garlic. When oil is flavoured, remove ginger and garlic and discard.

Put chopped pepper and ground beef into the flavoured oil. Stirring constantly, sauté ingredients.

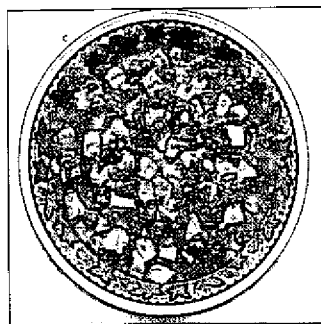
When the meat is browned, add salt and water/stock. Bring to boil.

Add the tofu and mix thoroughly.

Add the soy sauce

Finally stir in the cassava starch dissolved in 2 teaspoonfuls of water. Cook till the mixture is thick and clear. Serve immediately.

Note: Serve with bread or yam.



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