Making soya cheese

Soya cheese is solidified soya milk. Quality cheese is rich in proteins and used as food for both human and animal, enrich soil. Cheese from clear soya grains of a high quality.

First select clear good quality soya grains, since they are easy to process and preferred by customer. This is followed by winnowing, sorting soya beans to remove foreign materials as well as removing the soya bean skin.

Beans and water

Pour the grains into sauce pan, for 1kg of soya bean add 4 litre of water and soak for 12- 18 hours in a clean place to prevent foreign materials. However change water after 3 – 4 hours and drain off water using sieve or basket.

Take the grains for milling and check for if grains are well grinned and add little water to facilitate grinding thereafter collect the paste in a clean container.

Extracting soya bean milk

Ensure proper hygiene by washing hands, utensils and mix 1kg of the paste with 7- 8 litres of water. Separate soya milk with a clean cloth or woven polythene bag and collect the milk in clean container.

Make sure that fire is hot before putting on milk while constantly stirring to avoid inflow from falling in fire. Gradually add fermented maize water until milk solidifies, cool and add ingredients to for the taste. Finally the solidified milk is the soya cheese. This is wrapped in a cloth to extract water and pressed in a strainer for proper shaping these are coloured with natural die.