What’s Cooking in Bauchi

A RECIPE BOOK FOR SOY
This book is a collection of Soy recipes adapted from the Nigerian cuisine. This book was adapted from the Training of Trainers’ module for Orange-fleshed sweet potato (OFSP) by the International Potato Centre. These recipes were developed and tested by women of Dass and Bauchi Local Government Areas (LGAs) after a training of 100 women entrepreneurs in the Soy value chain on Soy utilisation skills. All recipes were documented after a Soy food fair to test their acceptability by the populace.

The State Ministry of Health, especially Mr. Dogara Mamman, have been instrumental in providing information on the nutrition status of the State and in reviewing this book.

This book and its contents are intended for training, educational and domestic purposes.
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Introduction

Bauchi State is endowed with fertile, arable land for growing food adequate to meet the food and nutrition needs of its inhabitants. The State is capable to sustain both rain and dry season farming. Indeed, the food and animal production figures of the State are sufficient both in quality and quantity to meet the nutrition needs of its populace if properly processed and stored.

However, NDHS 2015 AND MICS 2016 reports show that the nutrition indicators of the State are not good enough for healthy growth and development as stunting and wasting stand at 45.6% and 9.4% respectively. Interestingly, these are above the North-East Geological zone rates.

The current (May 2019) Cadre Harmonise’ (CH) Analysis of food and nutrition insecurity results indicates that overall about 66,508 of the people of Bauchi state are at risk of serious malnutrition, thus ranking the State to be under pressure of acute malnutrition generally. The CH Analysis is early warning global analytical framework for food crisis prevention and management.

The human, economic and social costs of malnutrition to any society is vast and diverse. Multiple nutrient deficiency which manifests as inadequate calories and protein affects mostly women and children.

Soybean is a crop with multiple benefits to a farming community. It is a high value crop with both economic and nutritional benefits. Soybeans is an excellent source of cheap quality protein and other nutrients and can play a pivotal role in reducing malnutrition among vulnerable populations through household utilisation.

Dogara Mamman, Deputy Director, Nutrition and Food Safety, Bauchi State Ministry of Health
Processing Soy for Human Consumption

Raw Soybean has an off-flavour which many find unacceptable and hence hinders consumption. In addition, it contains a variety of bioactive anti-nutritional compounds such as protease trypsin inhibitors, phytic acid and isoflavones which reduce their nutritional quality and digestibility.

For human consumption and other monogastric animals, Soybeans must undergo heat treatments (i.e. boiling, roasting and dehulling) to inactivate these trypsin inhibitors, along with deleterious enzymes, microbes, and other bioactive components. This will increase the protein quality by improving its flavour, texture, colour and bioavailability – most important factors to be considered in manufacturing of Soy products.
Nutrient Composition

Protein
Soybean is a source of plant-based protein and its quality is regarded as complete protein – This means it contains all the essential amino acids that the body needs but can’t make for itself. As compared to other legumes, Soybean contains about 35-40% protein.

Fats
It contains about 20% fat. But it contains essential fatty acids – Soybean contains omega-3 and omega-6 fatty acids which are essential nutrients for a healthy life especially for infants.

Vitamins and Minerals
Soybeans are a good source of several vitamins and minerals, including vitamin K1, copper, manganese, phosphorus, calcium, B-Vitamins including thiamine and folate.

Carbohydrates
Soybeans are very low in carbohydrates. One great benefit is their high fiber content which is good for gut health and diabetes (Soy has a low glycemic index – a measure of how foods affect the rise in blood sugar level after a meal).
Value of Soybeans in the Diet

Soybeans are widely consumed due to their functionality and nutritive value. Recently, the consumption of Soybeans has been increasing due to its beneficial effects on human health. Soybeans are a rich source of various bioactive plant compounds, including isoflavones, saponins, and phytic acid. Isoflavones mimic estrogen and are responsible for many of Soybeans’ health effects. A lot of research is still ongoing on the extent of the health benefits of Soybeans. Some of these health benefits include:

Keep Bones Stronger
Isoflavones content of Soybean helps to maintain bone tissues, prevents bone loss and reduces the risk of osteoporosis.

Good for Heart Health
Soybeans contain isoflavones and saponins, which helps to: lower bad cholesterol, reduce total cholesterol, prevent plaque buildup, prevent stroke and heart disease.
Lowers Cancer Risk
Has anticancer properties which helps to prevent Breast Cancer, Colon Cancer, and Prostrate Cancer

Reduces Menopausal Symptoms
During menopause, estrogen levels in the body start decreasing and isoflavones in Soy works as estrogen. It helps to reduce menopausal symptoms, especially HOT FLASHES.

Good for Weight Reduction
Increased protein intake has always been associated with suppression of appetite, and plant foods like Soy that provide concentrated amounts of protein have a research-based ability to help suppress appetite.

Prevents Diabetes
The high fiber content makes Soybeans and other Soy containing foods valuable in cases of constipation, high cholesterol and type 2 diabetes.
Enriching the Quality of Food with Soybeans

Soy can be used to boost the protein quantity and quality of any food provided it’s processed for easy digestibility and absorption.

The easiest form Soy can be added is when its processed as flour.

Soy is added to enrich other foods in the ratio 4 parts to 1 – aside stews, sauces and soups. This means 4 parts of the main food (corn flour, corn, semolina/semovita, rice, beans flour, rice paste, wheat flour, etc) to 1 part of Soy flour or Soy grain. The same means of measurement should be used for Soy and the main food item.

For stews, sauces and soups, use desired quantity to suit one’s taste.
Soy Flour

**Method 1**

1. Remove stones and unwanted particles from Soybeans.
2. Wash beans in clean water to remove dirt.
3. Add beans to boiling water and boil for 20-25 minutes. It will begin to foam. Do not cover with a lid.
4. Drain the beans and add cold water. Wash (rub between both palms) to dehull.
5. Sun dry dehulled beans until completely dry.
6. Grind beans into flour and store in a dry airtight container.
7. Use within one month.

**Method 2**

1. Remove stones and unwanted particles from Soybeans.
2. Wash beans in clean water to remove dirt.
3. Drain and sun dry until it feels dry to the touch.
4. Toast soybeans in a heated pan until the hull is dry (comes off easily when rubbed between two fingers) and golden brown.
5. Dehull (using a mill or another alternative) and winnow.
6. Mill into flour. Allow to cool and store in a dry airtight container.

**Ingredient list**

- 4 cups of Soybeans
- 20 cups of water

**TIP**

Soy rises when cooking
Roasted Soybean Flour

Method 1

1. Remove stones and unwanted particles from Soybeans.
2. Wash beans in clean water to remove dirt.
3. Add beans to boiling water and boil for 20-25 minutes. It will begin to foam. Do not cover with a lid.
4. Drain the beans and add cold water. Wash (rub between both palms) to dehull.
5. Sun dry dehulled beans until it feels dry to the touch.
6. Roast dry dehulled beans on medium heat until golden brown.
7. Winnow roasted beans to remove any excess hulls.
8. Grind and store in an airtight container.
9. Use within one month.

Ingredients
- 1 cup Soybean
- Water
Method 2

1. Remove stones and unwanted particles from Soybeans.
2. Wash beans in clean water to remove dirt.
3. Drain and sun dry until it feels dry to the touch.
4. Toast Soybeans in a heated pan until golden brown.
5. Dehull (using a grinder or another alternative) and winnow.
6. Mill into flour and store in a dry airtight container.
Roasted Maize Flour

Method

1. Remove stones and unwanted particles from the maize.
2. Wash in clean water to remove dirt. Do not leave in water for more than 5 minutes.
3. Drain and sun dry until it feels dry to the touch.
4. Roast maize on medium heat until golden brown.
5. Grind roasted maize into flour and store in an airtight container.
6. Use within a month.

Ingredients

- 2 cups maize
- Water
Soybean Paste

Method

1. Remove stones and unwanted particles from Soybeans.
2. Wash beans in clean water to remove dirt.
3. Add beans to boiling water and boil for 20-25 minutes.
4. Drain the beans and add cold water. Wash to dehull.
5. Grind beans into a smooth paste with an addition of 1 cup of water.

Ingredients

- 1 cup Soybeans
- 6 cups water
Recipe Title

Ingredients

- 5 cups of soybeans
- 1 cup of sugar (adjust as desired)
- 1 tablespoons of salt
- 2 teaspoons of vanilla essence

Soy Milk

Method

1. Remove stones and other unwanted particles from the beans.
2. Wash beans thoroughly and soak completely in 10 cups of water for at least 8 hours.
3. Strain beans and add clean water.
4. Wash beans to remove most of the hulls and sieve.
5. Mill beans with as little water as possible.
6. Add about 5–10 cups more water to soy paste to form a pouring slurry.
7. Strain with a cheese cloth and pour into a stainless-steel saucepan.
8. Boil the strained liquid for 15–20 minutes, stirring continuously to prevent it from sticking to the saucepan.
9. Skim off all foam and fat from the surface of the milk while cooking.
10. After 15–20 minutes, take milk off the heat and add sugar, salt and flavour.
11. Serve chilled.
Tuwon Masara

Method

1. Mix corn and Soy flour and set aside.
2. Bring water to a boil.
3. Mix a portion of the corn-Soy flour in a little cold water to form a slurry.
4. Add slurry to boiling water whiles stirring to prevent lumps.
5. Leave to cook/boil for 2-3 minutes.
7. Cover and leave to simmer under low heat for 2-5 minutes.
8. Stir continuously for 2 minutes.

Ingredients

- 4 cups corn flour
- 1 cup Soybean flour
- Water
Tuwon Shinkafa

Method

1. Remove stones and unwanted particles from rice.
2. Wash with clean water to remove dirt.
3. Soak rice in clean water for about 5-10 minutes.
4. Add water on fire and bring to a boil.
5. Drain water from rice and add to boiling water. Add salt and stir.
6. Leave to cook for 15 minutes or more until it is soft.
7. Add Soy flour and stir. Add water if rice is not soft as desired.
8. When soft enough, stir to a thick consistency and mold to desired portions.

Ingredients

- 4 cups white rice (tuwo rice)
- 2 cups Soy flour
- Salt (optional)
- Water
Masa

Method

1. Soak the rice for at least 8 hours or better leave overnight.
2. Rinse the rice and blend it together with the pre-cooked rice, onion and water until creamy.
3. Add Soy flour or Soy paste to the mixture and stir to mix evenly.
4. Proof the yeast by mixing it with a pinch of sugar and water and set aside until it proofs.
5. Add the salt, sugar and proofed yeast to the rice batter and mix together.
6. Cover up the mixture for about 6-8 hours (or leave overnight, or leave in a warm place) until mixture rises and collapses.
7. Add just a tiny bit of oil in your pan or skillet and fry on both sides.
8. Serve with soup, honey or any other accompaniment.

Ingredients

- 3½ cups of “tuwo rice”
- 4 tablespoons of pre-cooked rice
- 1½ cups of Soy flour/1 cup of Soy paste
- 2½ teaspoons of active dry yeast
- 1½ teaspoons of baking soda
- 4 tablespoons of sugar (optional)
- 1½ cups of water a little more or less plus ¼ cup for proofing the yeast
- Vegetable oil
- 2 tablespoons of salt
- 1 large onion
Bean Cakes “Akara”

Method

1. Remove stones and unwanted particles from beans.
2. Wash in clean water to remove dirt. Soak in water for about 10 minutes.
3. Drain the beans and put it in a mortar to pound until all the hulls come off.
4. Wash in clean water to remove all hulls
5. Add onions and pepper to dehulled beans and mill.
6. Add Soy paste/flour and salt to taste.
7. Beat thoroughly until the paste becomes fluffy.

Ingredients
- 3 cups beans
- 1 cup Soy flour/paste
- Cooking oil
- 7 hot peppers
- 1 large onion
- Salt to taste
- Water
Tombrown “Kunu”

Method

1. Mix both maize and Soybeans flour and set aside.
3. When water is hot, mix maize and Soy flour with cold water to form a slurry.
4. Add slurry to hot water and stir continuously to prevent lumps.
5. Continue stirring and add water to get desired consistency.
7. Add salt and sugar to taste.
8. Serve hot with or without milk.

Ingredients

- 4 cups roasted maize flour
- 1 cup roasted Soybean flour
- 1 tablespoon salt
- ½ cup sugar
- Water
Pounded Yam

Method

1. Put peeled yam in a saucepan. Wrap Soy paste in aluminum foil or tie in cellophane, add to yam.
2. Add water and cook until yam is done. Drain water.
3. Pound yam piece by piece while adding cooked Soy paste in bits.
4. Pound until yam mixes evenly with Soy paste and texture is as desired.
5. Serve with preferred soup.

Ingredients

- 4 parts yam
- 1 part Soy paste (refer to page 15)
“Egusi” Soup

Method

1. Grind/chop onions, garlic, ginger, tomatoes and hot pepper. Wash fish, debone and break into pieces.
2. Fry onions in oil until translucent and add ground onion, tomatoes and hot pepper. Cook for 5 minutes.
3. Add fish and seasonings. Stir and leave for 2 minutes.
4. Mix Soy flour/paste with “egusi”, water and salt to form a thick paste. Add to soup and leave for about 5 minutes – do not stir.
5. Chop vegetables and add to soup. Stir and allow to simmer until done. Taste for salt.
6. Serve with any food of your choice.

Ingredients

- 2 large onions
- 7 medium tomatoes
- 5 hot peppers
- 1 cup palm oil
- Smoked/dry fish
- 1 cup of Soy flour*/ Soy paste**
- ½ cup “egusi”
- 3 garlic cloves
- 2-3 inch ginger
- 2 cups green leafy vegetables
- Seasonings

* Refer to page 10  **refer to page 15
Soy Jollof

Method 1: Using Soybeans grains

1. Grind/blend onions, hot pepper, pimento and tomatoes roughly.
2. Heat oil in a saucepan and add onions to fry until translucent.
3. Add blended vegetables to fry. Stir until the water content reduces.
4. Add tomato puree and soaked Soybeans (washed) and stir for 2-3 minutes.
5. Wash and debone dry fish. Add to stew and stir for 2 minutes.
6. Add your desired quantity of water and seasonings.
7. Allow to boil. Add washed rice and stir.
8. Leave to cook under medium heat, while stirring intermittently.
9. Serve when rice is cooked and soft.

Ingredients
- Rice
- Cooking oil
- Red hot pepper
- Onions
- Pimento
- Fresh tomatoes
- Tomato puree
- Salt
- Dry fish
- Seasonings
- Soybeans (1 palm full soaked until the hull comes off easily)
Method 2: Using Soy Flour

1. Follow steps 1 – 3 in Method 1.
2. Add tomato puree and washed dry fish. Allow to simmer for about 3 minutes.
3. Mix Soybean flour with water and strain with a fine sieve.
4. Add strained liquid to stew. Add seasoning and water if needed.
5. Add washed rice and stir. Taste for salt.
6. Allow to cook on medium heat until rice is soft.
7. Serve hot.
**Ingredients**

- 2 large onions
- 7 medium tomatoes
- 5 hot peppers
- 1 ½ cup palm oil
- Smoked/dry fish
- 2 cups Soy flour/paste (refer to page 15) or use desired quantity
- 3 garlic cloves
- 2-3-inches ginger
- 2 cups green leafy vegetables
- Seasonings

**Soy Soup**

**Method**

1. Grind/chop onions, garlic, ginger, tomatoes and hot pepper.
2. Wash fish, debone and break into pieces.
3. Fry onions in oil until translucent and add ground onion, ginger, garlic, tomatoes and hot pepper.
5. Add Soy flour to soup while stirring to prevent lumps.
6. Cook this on medium heat for 10 minutes.
7. Chop vegetables and add to soup. Stir and allow to simmer until done. Taste for salt.
Gwaten Tsaki

Method

1. Bring about 5 cups of water to a boil and add jute leaves.
2. Put in the coarsely ground beans and groundnut with enough seasoning. Leave to cook for 20 minutes.
3. Mix 4 cups of maize meal and 1 cup of Soybean with water. Add this to the groundnut beans mixture.
4. Leave to cook for about 15 minutes or until corn meal is cooked.
5. Add onion leaves and allow to simmer for 5 minutes on very low heat.

Ingredients

- 4 cups corn meal
- 1 cup Soy flour
- ½ cup coarsely ground beans (cowpea)
- 2 cups jute/spinach/moringa leaves (chopped)
- 1 cup onion leaves (chopped)
- ½ cup of coarsely ground groundnut (or groundnut paste)
- Salt to taste
- Seasoning

Some people do put oils, while others do not put in salt and take it with sugar.
Ingredients

- ½ cup Soybeans
- A packet of spaghetti
- 5 large tomatoes
- 3 pieces sweet pepper
- 2 large onions
- 1 cup groundnut oil
- ½ cup chopped carrot
- ½ cup green bean
- Seasoning
- Salt

Spaghetti Jollof

Method

1. Destone and soak the Soybeans in 2 cups of water for at least 3 hours.
2. Drain, wash and remove the seed coat (Testa).
3. Grind tomatoes, onion and sweet pepper together.
4. Heat up oil and fry onions until translucent.
5. Add grounded mixture and leave to cook for 5 minutes.
6. Add washed Soybeans, seasoning, stir and continue cooking for 5-10 minutes.
7. Add 2 cups of water and add spaghetti with a little salt to taste.
8. Cook for 5 minutes. Stir and add carrots and green beans.
9. Reduce heat and leave to cook until spaghetti is done.
Yam Porridge with Soybean

Method

1. Bring 1 ½ cups of water to a boil and add destoned Soybeans.
2. Boil Soybeans for 5 minutes and wash to remove the Testa (seed coat).
3. Heat groundnut oil and fry 1 chopped onion until translucent.
4. Add blended tomatoes, pepper and onion. Cook for 3-5 minutes with enough seasoning, curry and salt to taste.
5. Add yam and enough water to cover at least 1 ½ inches above the yam.
6. Then add the washed Soybeans and cook for 20-25 minutes.
7. Add the spinach, lower the heat and simmer until both yam and spinach are soft.

Ingredients

- ½ cup Soybean
- 1 medium size tuber yam, cubed
- 8 large tomatoes
- 6 peppers
- 2 onions
- 1 tablespoon curry powder
- Salt to taste
- Seasoning
- Dry fish, deboned
- 1 cup chopped spinach
- 2 cups groundnut oil
Ingredients

- 1 ½ cups moringa leaves, chopped
- 1 cup Soy flour
- 4 cups corn meal
- Salt and seasoning
- 1 teaspoonful cloves
- 2-3-inches ginger, blended
- 4 garlic cloves, blended
- 2 medium onions, diced
- ½ cup groundnut cake flour
- 1 cup groundnut oil

Dambu

Method

1. Wash moringa leaves with salt and drain.
2. In a large bowl, mix moringa leaves, onions, pepper, seasoning, salt and groundnut.
3. Put water in a pot and when it begins to boil, put a strainer/sieve/colander over it.
4. Pour the “dambu” mixture into the strainer/sieve/colander and make sure the water is not touching the strainer.
5. Cover the top of the strainer with a clean nylon bag and then cover the pot to steam.
6. Allow it to steam for 20-25 minutes while stirring every few minutes allow it to cook evenly.
7. Once it’s cooked, scoop it into a large bowl for it to cool.
8. When cooled add groundnut cake powder.
9. Fry your groundnut oil and turn it into the mixture.
10. Stir well. Ready to eat.
Couscous with Soybean

Method

1. In a bowl, mix 4 cups of corn meal with 1 cup of Soybean flour.
2. Add moringa leaves, ginger, garlic, ½ of diced onions, salt, seasoning and cloves.
3. Mix all ingredients and taste for salt.
4. Put them in a steamer and steam for 30 minutes, stirring intermittently until all contents are cooked.
5. When cooked, add sweet pepper, green pepper, diced onions, groundnut cake flour and oil.
6. Mix thoroughly, taste for salt and serve.

Ingredients

• 1 ½ cups moringa leaves, chopped
• 1 cup Soybean flour
• Groundnut
• 4 cups couscous
• Salt and seasoning
• 1 teaspoonful cloves
• 2-3-inches ginger, blended
• 4 garlic cloves, blended
• 2 medium onions, diced
• 3 medium-size sweet pepper
• 3 medium-size green pepper
• ½ cup groundnut cake flour
• 1 cup groundnut oil
Soy Chin-Chin

Method

1. Sieve both the Soy flour and flour in a mixing bowl.
2. Add baking powder, nutmeg, salt and sugar to the bowl.
3. Slice in margarine and mix until well incorporated (it should look like breadcrumbs).
4. Add the egg. Mix and gently add water into flour.
5. Mix until you have a slightly stretchy but not sticky dough.
6. Roll out the dough on a flat surface, cut into desired shapes
7. Set the oil on medium heat, wait until the oil is hot.
8. Fry the dough a batch at a time until golden brown.

Ingredients

- 3 cups flour
- ½ teaspoon baking powder
- Pinch of nutmeg
- 1 cup Soy flour
- ½ cup sugar
- Pinch of salt
- ½ cup baking margarine
- 1 cup liquid milk or water
- 1 egg (optional, use if you want soft chin-chin)
- Oil for frying
Soy Moi-Moi

Method

1. Destone both Soybeans and soak for at least 5 hours.
2. Destone and soak cowpea for 30 minutes.
3. Wash and remove the Testa for both the cowpea and Soybeans.
4. Grind both with the hot pepper and onion.
5. Add seasoning, curry, cray fish powder, smoked fish and salt.
6. Scoop into nylon bags/moi-moi pouches and steam for about 25-30 minutes.

Ingredients

- 4 cups cowpea
- 1 cup Soybean
- 8 hot peppers
- 1 large onion
- Seasoning
- Salt
- 1 teaspoonful curry
- 1 cup oil
- ½ cup cray fish powder
- 1 cup smoked fish
Soy Puffs

Method

1. In a mixing bowl, thoroughly combine the dry ingredients. Slowly add in water while mixing. Stop as soon as water is incorporated, and batter is smooth.

2. Cover the mixture with a napkin and set aside in a warm place for 45-60 minutes until it rises or increases in volume.

3. In a large frying pan, heat up oil until hot.

4. Scoop enough mix with your hand or spoon and drop the ball in oil. Repeat until pan of oil is full.

5. Fry until golden brown on all sides.

6. Alternatively, you can reduce the sugar quantity and use salt. Serve this with pepper sauce.

Ingredients

- 4 cups flour
- 1 cup Soy flour
- 6 teaspoons quick rise yeast
- 1 – 1 ½ cup sugar
- 1 teaspoon nutmeg
- 4 cups lukewarm water
- Oil for frying
Danwake

Method

1. Mix all flours and add potash, water and salt. Mix evenly into a thick paste.
2. In a pot, boil enough water and scoop paste into the hot water, a little at a time.
3. Cook for 20 minutes and scoop it into cold water for a few minutes.
4. Drain and serve with any sauce.

Sauce

1. Chop onions, add to hot oil and fry until translucent.
2. Add ground pepper and onion. Fry for 5 minutes
3. Add fish, seasonings and 2 spoons of Soy flour stir and leave to cook for 5-10 minutes.
4. Adjust salt and seasoning.
5. Serve with ‘Danwake’.

Ingredients

- 4 cups of flour
- 1 cup of Soy flour
- ½ cup potash
- Salt and seasoning
- Water
- 5 hot peppers
- 2 large onions
- 1 cup of oil (groundnut oil or palm oil)
Ingredients

- 3 litres unsweetened soy milk
- Tomato stew/sauce
- 1 litre oil
- 1 cup hot tamarind juice/6 tablespoonful vinegar or lemon juice
- Salt and seasonings
- 2 green bell peppers
- 3 large onions

Soy Kebabs

Method

1. Boil Soy milk for about 5 minutes and reduce heat.
2. Add tamarind, vinegar or lemon juice and stir gently. Leave to coagulate.
3. Strain the curd once it separates from the whey (clear yellow liquid).
4. Add salt and seasonings to the curd and mix gently to avoid breaking it up completely.
5. Put seasoned curd into a cheese cloth and tie tightly. Put a weight on it to squeeze out the rest of the water for 1–2 hours.
6. Slice the tofu into cubes and fry till brown.
7. Add fried tofu to the tomato stew and simmer on medium heat to soften and spice the tofu.
8. Arrange on skewers with vegetables.
References


The Nigerian community infant and young child counselling package: Facilitator guide
MEDA wishes to thank the women of Bauchi and Dass LGAs, who through their enthusiasm and thirst for knowledge, tried out these recipes and helped adapt them to Nigerian cuisine.

Our utmost appreciation goes to the 20 women who through their own innovations contributed additional recipes for use during the soy food fairs in these LGAs.