

# SUSFORM-NOW (LDC) News No.14: Let's make simple, tasty and nutritious Tofu!

## How to make delicious Tofu:

- Step 1** Mash and squeeze soaked soybeans, and make soymilk.
- Step 2** Boil soymilk.
- Step 3** Add coagulant.
- Step 4** Pour coagulated soymilk into pressing box.
- Step 5** Press and remove water.



**Step 1**

**Step 2**

**Step 3**

**Step 4**

**Step 5**

In order to demonstrate income-generating activity using locally available raw materials, a series of workshops for Tofu production was conducted in DBP city and 2 pilot sites on 16th, 20th and 22nd of February 2012. An improved cooking stove introduced under the project, which consumes firewood only one third of ordinary type, was utilized at Step 2: boil soymilk.

## Workshop in Villages

In the workshop in Hang Tro B and Tia Ghenh C, 26 villagers including 10 women participated in the demonstration and learned how to make tofu. In the first session, they observed how the instructor produced tofu. In the second session, they experienced tofu-making by themselves, following instructions of the instructor.



If you wish to try Tofu production, please contact project staff at the address shown below. It takes only about half a day. You will enjoy freshly-produced soymilk as well as tofu at the end of the workshop.

February 24, 2012 (Code 2.4)  
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