

# **[Troubleshooting] Common questions when making soy milk**

Soy milk is a healthy drink. This article will help you answer some questions regarding the process of processing, enjoying and preserving soy milk.

As a nutritious drink, soy milk is loved by many people, especially women. Let's find out some questions related to processing, enjoying and preserving your soy milk!

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## **Frequently asked questions when making soy milk**

### **Question 1: Is the blender milk machine made possible?**

Soy milk machines are specially designed devices used to create delicious soy milk cups for the whole family. However, in addition to this function, they can also process many other dishes such as cooking porridge, cooking corn tea, making vitamins, making corn milk, green bean milk, . It will be very convenient if in the kitchen of You have a soy milk maker, especially on hot summer days.



Soy milk maker can make smoothies

## **Question 2: How is the process of making soy milk?**

The process of making soy milk is quite simple. In addition to the basic ingredients like soy, sugar, you need the help of a blender or a professional soy milk maker.

### **How to make soy milk with blender**

Step 1: Wash the soy beans, remove the broken beans and soak them in cold water for 6-8 hours so that the beans will expand.

Step 2: Put soaked soy beans in a blender with a little water and puree. If you have a lot of beans, you should divide it into several times to make the beans smooth and avoid damaging the machine.

Step 3: When the beans are ground, filter the water, leaving it alone.

Step 4: Put the filtered ground beans into the cooking pan. During the cooking process, you need to cook small heat, stirring your hands well so that the milk does not get wet and avoid the milk flowing out.

Step 5: Add sugar and drink hot or cold depending on your preference.

### **How to make soy milk with soy milk maker**

Step 1: Soak beans (or may not soak beans)

Step 2: Measure the beans with a quantitative cup with the soybean maker and add water according to the instructions.

Step 3: Choose the button to cook soaked soy milk (or cook dry soy milk in case you don't soak it).

Step 4: Wait until the machine generates a complete alarm, just add the bean milk filtered through the sieve, add sugar and enjoy.

### **Question 3: How many liters of soy milk can 1kg of soybeans cook?**

1kg of cooked soy beans will cook from 7.5 to 10 liters of milk (ie about 200gr of soy beans cooked with 1.5-2 liters of water).However, this formula is not fixed, it depends on the taste of each person.If you want to drink a lot, give it a little water, otherwise if you want to drink more, give more water.

### **Question 4: How to choose delicious soy beans**

The market is currently selling quite a lot of different soy beans.In order to get the most delicious, nutritious and rich milk, you should choose a round, firm, round, naturally colored soybeans, not beworm, harvest or harvest about 3-4 months .

#### *Cách chọn đậu nành ngon*

- Chọn hạt mới
- Hạt nhỏ và tròn
- Hạt có màu trắng ngà
- Bóp hạt chắc tay



Delicious soy beans

### **Question 5: How long will it take to soak soybeans?**

Before using soy, you should soak in water for about 6-8 hours, not soak in hot water.The soaking of beans before use has the effect of reducing tannin, eliminating or reducing phytic acid, breaking gluten and making digestion easier, neutralizing enzyme inhibitors, .

### **Question 6: Is soybean shell good? Does soy milk need to be removed?**

According to experts, soybeans contain sugars that the body cannot absorb.If you eat a lot of soy beans, the shell will cause bloating and indigestion.Moreover, cooking soy milk that leaves the shell can affect the taste of milk.Therefore, when making soymilk, remove the outer skin.



Soy bean shell should be removed

### **Question 7: How to peel soybeans quickly**

Many people make soy milk often have the habit of grinding the whole shell. But if conditions permit, it is better to remove this shell. Want to peel soybeans quickly, you should soak beans to stay overnight (about 6-8 hours). When the soybeans have grown, just pour the beans into a basket, use a strong hand to squeeze the peel off and then treat them in clean water.

### **Question 8: How many minutes to cook soy milk?**

The cooking time of soy milk depends on the amount of milk you prepare, usually in about 15-20 minutes. During cooking, you should keep it small, stir your hands well so as not to burn the bottom of the pot and use the spoon to remove the upper layer of foam. Allow the milk to boil for 2-3 minutes to enjoy. Attention, avoid letting milk flow outside you!

### **Question 9: Soy milk for how long?**

Normally, homemade soy milk should only be used during the day. If stored in a refrigerator, it can be stored for about 24 hours. After this time, the quality and flavor of milk can be changed, not as good as before. Therefore, you should only cook milk in a moderate amount, in accordance with your family's needs.



Self-cooked soy milk should be used within 24 hours

### **Question 10: How to store soy milk overnight**

If you want to keep soy milk overnight, you should divide the milk into glass bottles, close the lid and place in the refrigerator compartment. Plastic bottles and disposable bottles should be limited.

### **Question 11: How to store soybean residue**

When cooking soymilk, in addition to the fat milk, you can also take advantage of the residue. Soybean residues contain a lot of nutrients and can be used to prepare dishes, as ingredients for skin care, beautiful hair, or for pet food, as fertilizer for plants, . If you use beans to Make dishes or beautify, you should store in the refrigerator compartment and use it within 24 hours. Do not use soybean residues that have been left for too long to avoid harming your health. If you want to use the bean paste to make food for you, you can roast or dry it dry, wrap it in a sealed bag to use gradually.

### **Question 12: Why is soy milk frozen?**

Soy milk after cooking if not properly stored can be frozen. The reason is that outside the air contains many bacteria. Soy milk when exposed to these bacteria will be fermented, causing precipitation (freezing) like yogurt. Therefore, users should drink all the soy milk during the day and store the milk in a glass bottle, close the lid and place in the refrigerator.

Hopefully our answers to the processing, use and storage of soy milk will help you. Contact [META.vn](http://META.vn) for advice and order all kinds of low quality and quality blender, soy milk maker.

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