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How to Cook Soy Beans

Soy beans have long been used in this country as a food for animals. The United States Department of Agriculture has recently suggested them as a food for man.

“Housewives in many cases can reduce the cost of supplying their tables without reducing the nutritive value of the food served by giving more thought than usually is given to the selection, preparation and combination of foods. In fact, careful planning may make possible both a reduction of cost and an increase in nutritiveness and palatability. If any changes are to be brought about in the menu to which a family has been accustomed, however, by eliminating certain articles or substituting less expensive ones, care should be taken that the resulting diet is rational; that is, that it does not contain, on the one hand, too great a proportion of foods of any one type, such as meats and meat substitutes, or starch, sugars and fats, or vegetables and fruits and that, on the other hand, it is not deficient in any of these types of food.”

How to Cook Soy Beans

HOME ECONOMICS DEPARTMENT, UNIVERSITY OF WISCONSIN

Soy beans are good for man as well as beast.

Up to the present time soy beans have been grown in America as a feed for stock only, but the United States Department of Agriculture has recently suggested that they may be used as food for man. In certain foreign countries they have formed part of the diet of man for many years.

SUBSTITUTE FOR NAVY BEANS AND MEAT

Since soy beans contain almost twice as much protein (tissue building material) as meat and a large proportion of fat as well, they may be substituted not only for the more expensive white bean, but for meat as well. They lack starch, however, and for this reason should be served with foods which contain it, such as rice, bread or potatoes.

Because of their deficiency in starch, the method of cooking soy beans is somewhat different from that of white beans. Add a small amount of flour or cornstarch during the cooking and it will make them more nearly like other beans. The yellow soy bean is well adapted to baking, while the black and green varieties may be served either in the form of soup or as a vegetable.

In some towns and cities soy beans may be purchased at grocery and general stores. More merchants would keep supplied with them if there were a greater demand.

SLOW COOKING BEST

The length of time required for cooking soy beans is about the same as that required for preparing any dried bean; both are improved by long, slow process. If the beans are first soaked at least twelve hours, the time required to soften them is decreased.

Following are recipes suggesting various ways in which soy beans may be used:

Black Soy Bean Soup

1 pint black soy beans	$\frac{1}{8}$ teaspoon pepper
2 quarts cold water	$\frac{1}{4}$ teaspoon mustard
1 small onion	2 tablespoons butter
2 small stalks celery	2 tablespoons flour
1 teaspoon salt	2 hard-boiled eggs
1 lemon	

Soak beans over night; in the morning drain, add celery and cold water. Cook four hours or until tender and rub through a strainer. Cut onion in thin slices and brown slightly in the butter, add flour, seasoning and bean water and pulp. Reheat to boiling, strain and pour over the egg and lemon which have been cut in slices.

Cream Soy Bean Soup

1 cup green or yellow soy beans	1 quart milk
2 tablespoons butter	1 teaspoon salt
2 tablespoons flour	$\frac{1}{8}$ teaspoon pepper
1 tablespoon onion	

Soak beans twelve hours; cook in water four hours or until tender, then rub through sieve. Brown the chopped onion in the butter, add flour, milk and bean pulp; boil one minute, stirring constantly; season and serve.

Green Soy Beans

Soak beans at least twelve hours; then boil, in enough water to cover, about four hours or until tender. Allow most of the water to evaporate during the cooking. When tender, add butter, salt, pepper and serve.

Yellow Soy Bean Souffle

1 cup yellow soy beans	1 teaspoon salt
2 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
4 tablespoons flour	2 or 3 eggs
1 cup milk	

Soak beans and cook in boiling water until tender, about four hours; drain and rub through a strainer. Melt butter, add flour and milk and boil one minute, stirring constantly; add 2 cups of the bean pulp, cool and add the beaten egg yolks and seasoning. Beat the whites of the eggs until stiff and fold into the bean mixture. Put in a buttered baking dish and bake in a moderate oven thirty minutes.

Baked Soy Beans

1 $\frac{1}{2}$ cups yellow soy beans	$\frac{1}{4}$ teaspoon mustard
$\frac{1}{2}$ cup white beans	1 small onion
$\frac{1}{8}$ cup sugar	$\frac{1}{4}$ pound salt pork

Soak beans twelve hours, put into baking dish in which the salt pork, onion, sugar and mustard have been placed. Cover with cold water, and cook in a slow oven at least twelve hours. Add water as needed.

Soy beans alone make a palatable dish when baked. In this case two tablespoonfuls of flour should be added with the sugar to give the desired consistency.