

Make Hemp Milk and Hemp Tofu in You Own Kitchen from Hulled Hempseed (aka, Dehulled Hempseed, Hemp Nut, Hemp Hearts, etc.)

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An example of hulled hempseed. Whole hempseed can also be used, but the resulting tofu is not as fine.

Measure 1 cup or 2.5 decilitres of hemp nut



Combine 1 cup
of hemp nut
with about 3
cups of water



1:3



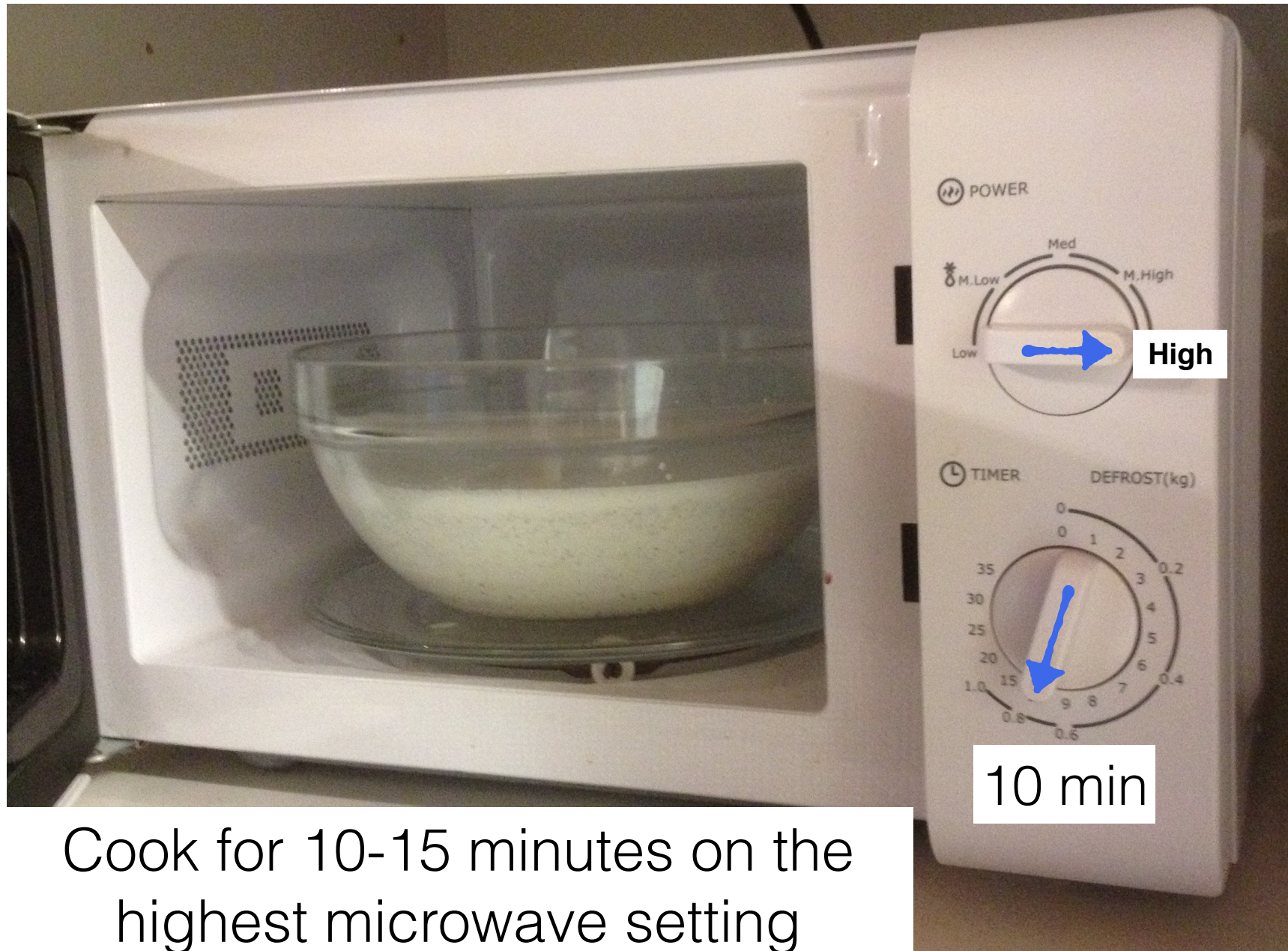


Grind the mixture at high speed for 2 or 3 minutes.

For extra flavour, celery, onion, garlic, salt, soy sauce or other savoury spices can be added.



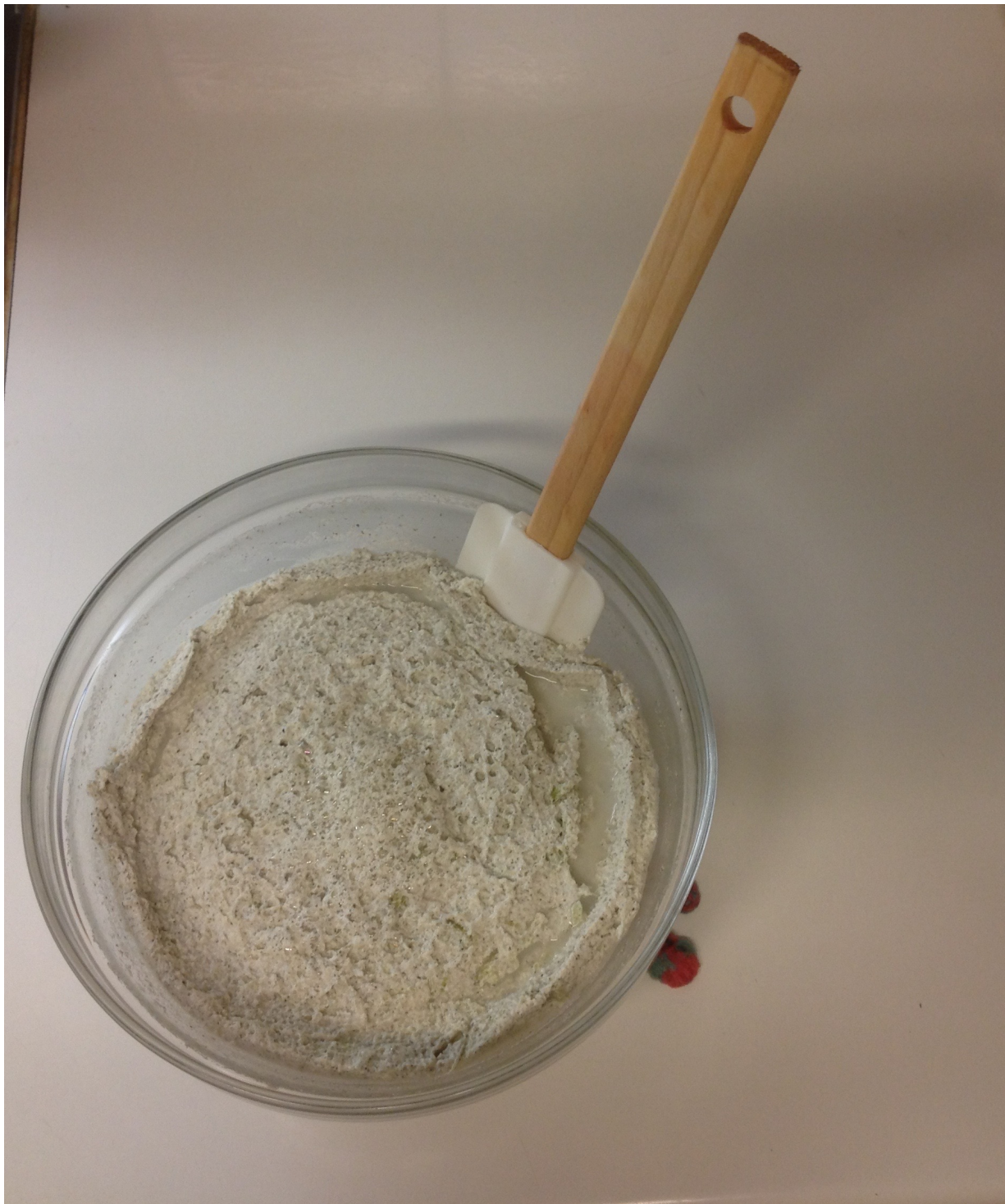
Next, the hemp “milk” is heated to make the tofu



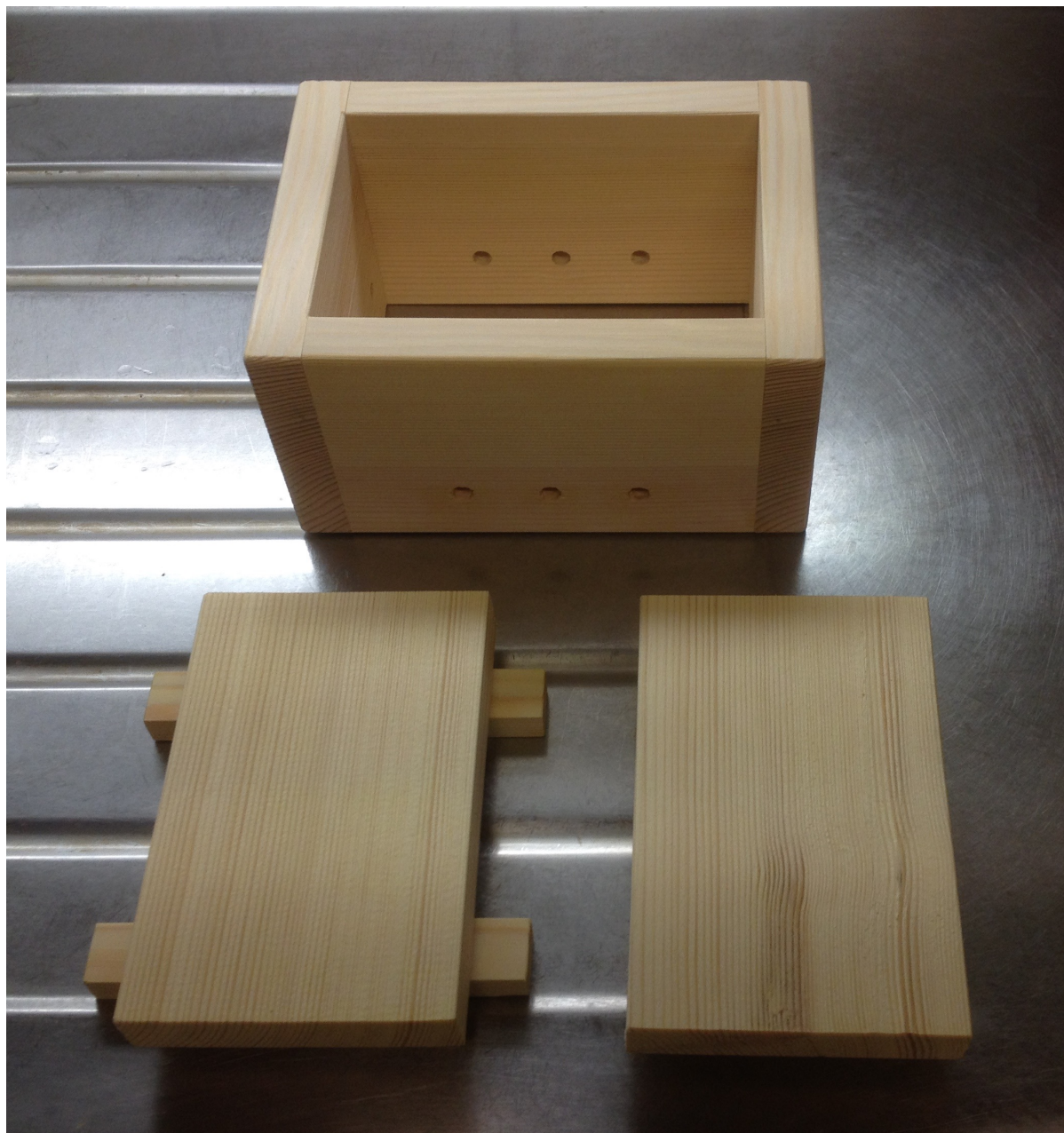
Cook for 10-15 minutes on the highest microwave setting



Some of the hemp milk becomes semi-solid after heating



Use a spatula to transfer the warm tofu into a strainer, or colander, or a traditional wooden box that is used for making soy tofu. This tofu mass does not require a fine mesh for draining away the excess water.

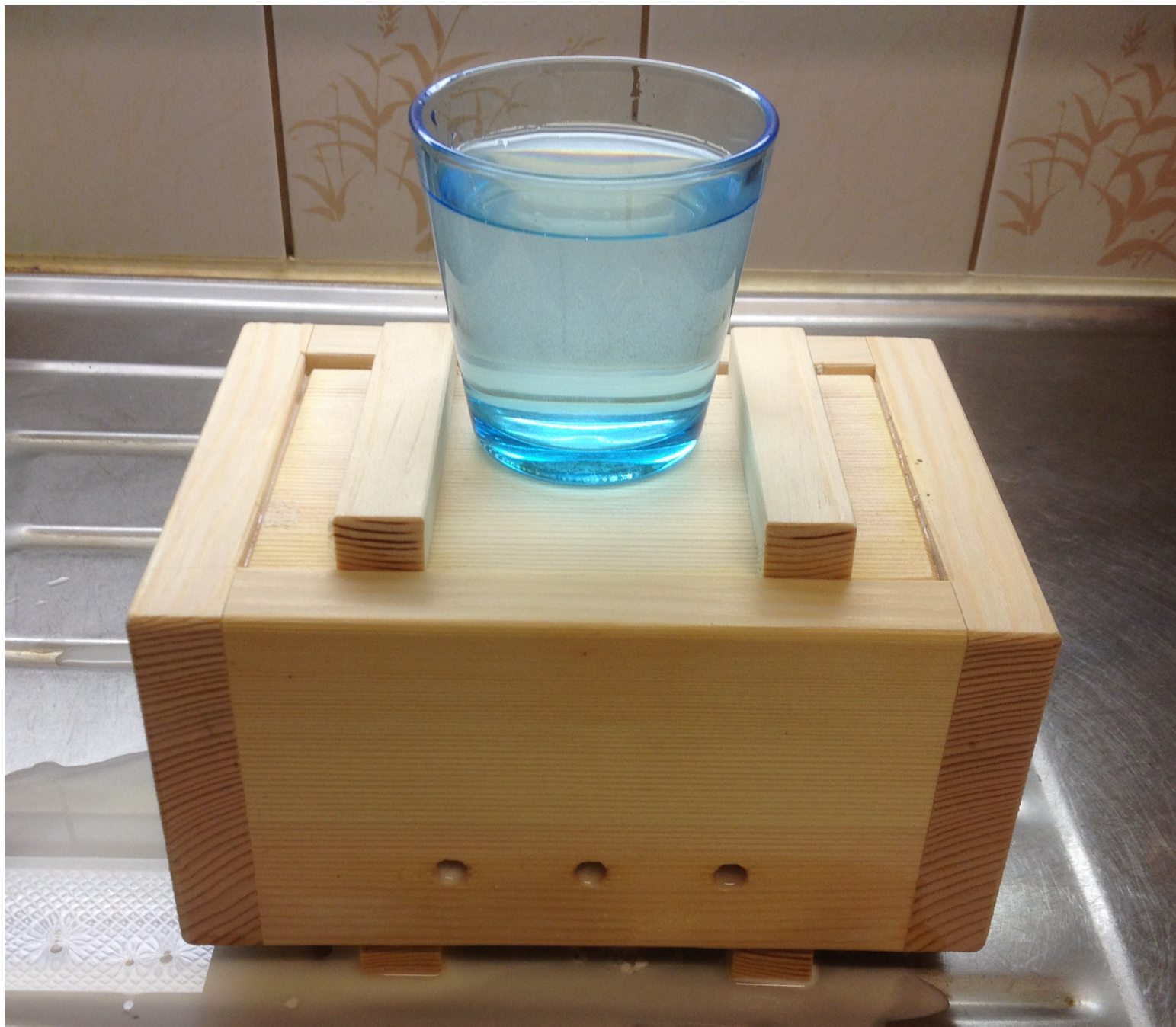


€39
(plus postage)

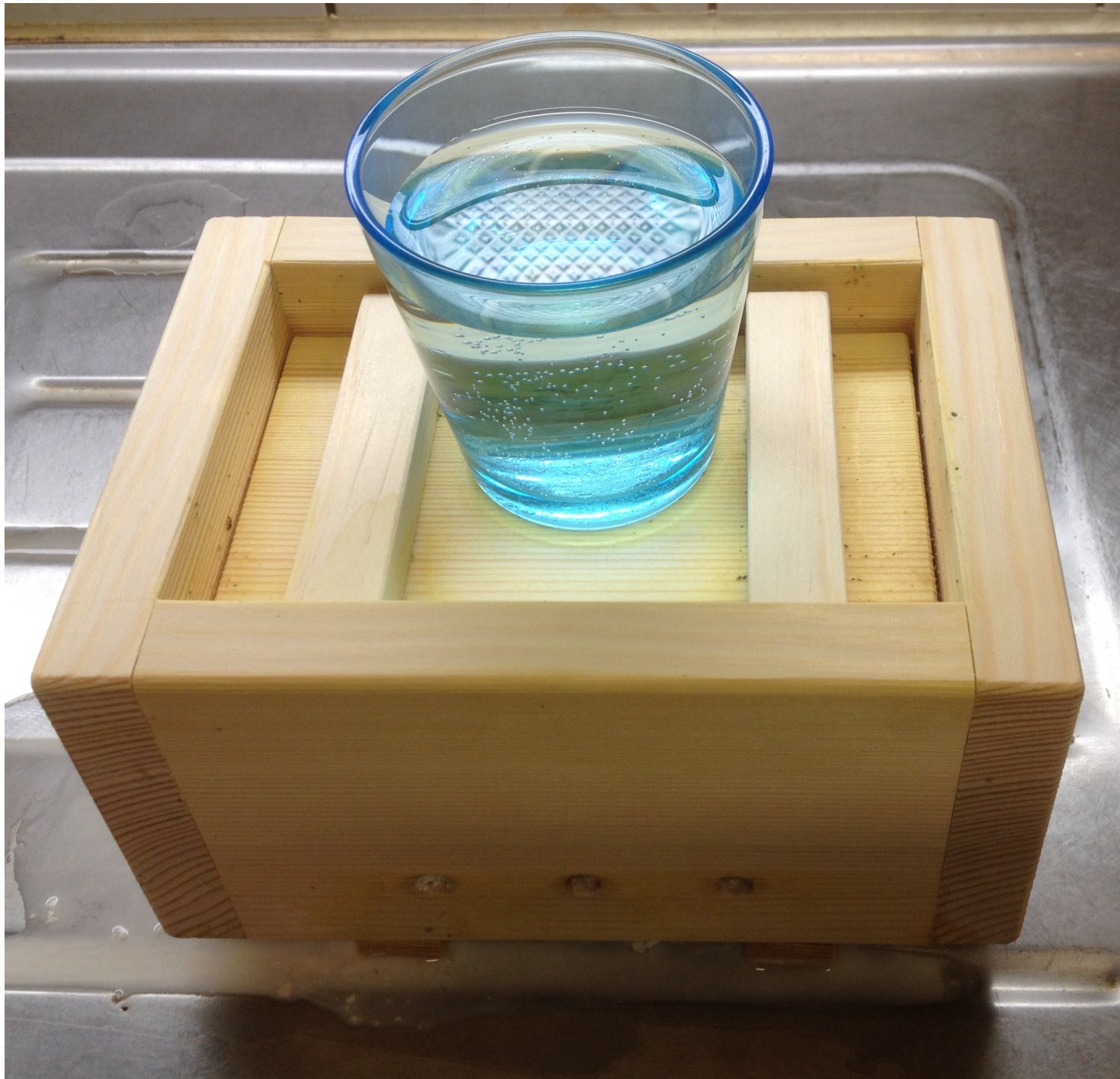
<https://www.ruohobussi.fi/new-products/hefulaatikko>



Pour in the warm tofu mass



Press some the tofu mass for about 30 minutes









Hempseed tofu with soy sauce and veggies

Be creative! Make hemp quiche, casserole, lasagna, etc. by substituting egg and ground beef with hemp milk and hemp tofu.

For oven cooking, add some butter or vegetable oil to a baking dish, then pour the hemp milk over some cooked vegetables and/or pasta, rice, potatoes, mixed with some salt, soy sauce, garlic or other spices.

Next, bake in an oven at 150 C for about 30 minutes.

Finally, enjoy your hemp quiche, casserole, lasagna, etc.