

Soy Cooking Tips

Soymilk

In general, you can substitute soymilk for dairy milk, cup for cup. Like dairy milk, soymilk will scorch if cooked at too high a temperature and can form a skin when heated. Stir constantly and use moderate heat for best results.

Soymilk contains little saturated fat. While beneficial for heart health, this means it will require extra thickener when used in cooking. Add less liquid and $\frac{1}{4}$ cup cornstarch to pudding recipes to allow the pudding to "set up." Constant whisking is also recommended.

Soymilk can be frozen, although this is not recommended due to the possibility of changes in taste and consistency. If soymilk must be frozen, freeze for less than 48 hours and defrost slowly in the refrigerator.

Unsweetened and plain soymilk are suitable for almost any recipe. Vanilla, chocolate and other flavored soymilks add extra flavor to desserts and breakfast treats like muffins, waffles and smoothies.



Soy Yogurt & Soy Cheese

Soy yogurt (cultured soy) can be used in any recipe that calls for dairy yogurt or sour cream.

Soy yogurt provides a healthy breakfast and an easy option to add protein to smoothies. A tablespoon of soy yogurt can also be added to salad dressings. Cultured soy should not be frozen.

Soy cheese can be substituted for dairy cheese in myriad dishes from macaroni & cheese to cheese enchiladas.



Soy Creamer

Soy creamer can complement coffee, tea or Italian soda. It can take the place of dairy cream or half & half in soups. It is also a delicious topping for a bowl of fruit or drizzled over shortcake.

However, soy creamer does not contain enough fat to "whip" like dairy whipping cream or heavy cream.

Tofu

Firm tofu, usually found in the refrigerated section, can be sautéed, stir-fried, scrambled or grilled. Cubed tofu is an easy addition to soups, casseroles or salads. Firm tofu is higher in soy protein, fat and calcium than other forms of tofu.

Silken tofu, often found in aseptic containers, is great in blended recipes such as soups, smoothies, cheesecakes and puddings. It also offers a convenient substitute for sour cream or cream cheese in dip recipes.

