

Cooking Natto

Pressure cooker, Large glassware pot, Small glassware pot, Mesh strainer, Chopsticks, Scale

Day 1									Day 2									Day 3									Day 4					
16	18	20	22	2	4	6	8	10	12	14	16	18	20	22	2	4	6	8	10	12	14	16	18	20	22	2	4	6	8	10		
17	19	21	23	1	3	5	7	9	11	13	15	17	19	21	23	1	3	5	7	9	11	13	15	17	19	21	23	1	3	5	7	9
<ul style="list-style-type: none"> - Put 1 pound of SB in IP, wash by water <u>Soak in water for 16 H</u> 									<ul style="list-style-type: none"> - Drain IP through mesh strainer to LP to keep/store broth - Sterilize SP and chop sticks by boiling water - Put cooked SB into SP - Add 3 Tspoons of broth to SP - Stir/mix Natto & cooked SB in SP - Cover over SP by paper towel <u>PC "Yogurt" mode for 24 H</u> 									<p><u>Keep SP in refrigerator for 24 H</u></p> <ul style="list-style-type: none"> - Pack Natto into BPA free containers 														
<ul style="list-style-type: none"> - Drain/rinse SB, add water 1" above SB PC "High" for 55 M 																		<ul style="list-style-type: none"> PC : Pressure Cooker IP : pressure cooker Inner Pot LP : Large glassware Pot SB : Soy Beans SP : Small glassware Pot H : Hour(s) M : Minute(s) 														
<ul style="list-style-type: none"> - Turn off PC <u>Leave for 40 M</u> 																																



Measuring 1 lb of soy beans



Soaking starts



Soaked soy beans in pressure cooker



Porridge, Pressure High, 55 Minutes



Pressure cook done



Drained into large pot & Pressure-cooked soy beans



Natto on cooked soy beans



Stir & mix Natto and cooked soy beans in small pot



Cover over small pot by paper towel in pressure cooker



Yogurt mode for 24 hours with no pressure



Yogurt mode done & Stir to make sticky natto



Packed into total 15 8 oz BPA free containers