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## 1 Ingredient 10 Ways 一種食材 十種味道

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# Spilling the soybeans

## 豆香四溢

A versatile, protein-rich legume, native to East Asia, the uses of soybeans range from cooking oil, soy milk and tofu to fermented foodstuffs such as soy sauce, tempeh, natto and miso.

大豆含豐富蛋白質，原產於東亞，用途廣泛，從食用油、豆漿和豆腐，到醬油、天貝、納豆和味噌等發酵食品，都是由大豆製成

By Rachel Duffell

### 1 Edamame 毛豆

Immature soybeans are prepared in their pods in this typical East Asian snack or appetiser. They are boiled or steamed and are served, still green and in their shells, either hot or cold and with a sprinkling of sea salt.

毛豆是未成熟的大豆，東亞地區的人喜歡將還沒破莢而出的綠色毛豆連豆莢一起用水煮熟或蒸熟，然後趁熱或待冷卻後灑上海鹽當小吃或頭盤。



### 2 Soy milk 豆漿



This smooth, creamy drink is made by soaking dry soybeans, removing their skins and then grinding them with water. The resulting liquid is strained or filtered, and boiled. Soy milk is a good source of protein and is often used as a substitute for cow's milk.

將乾大豆用水泡軟，然後去皮、加水研磨，最後將所得液體過濾及煮沸，便成了香滑濃郁的豆漿。豆漿含豐富蛋白質，經常被用作牛奶的代替品。

### 3 Soybean oil 大豆油



Soybean oil is extracted from the seeds of the soybean and, with a neutral flavour, is widely used as a cooking oil. It is a relatively healthy vegetable cooking oil as long as it has not been hydrogenated and is not made from genetically-engineered soybeans.

大豆油由大豆種子提煉而成，味道淡，是廣泛使用的食用油。大豆油是較為健康的食用植物油，已被氫化或由基因改造大豆提煉的大豆油則除外。

### 4 Tofu skin 腐皮



When soy milk is boiled to make tofu, a skin forms on the surface. This can be removed and hung or laid on mats to dry. The result is tofu skin, also known as bean curd sheets. Tofu skins are often used to wrap dim sum.

在製作豆腐的過程中，將豆漿煮熟時，表面會形成一層薄膜。將薄膜撈起，懸掛起來或放在墊子上晾乾，就成了腐皮。腐皮通常用於包裹點心。

### 5 Tofu 豆腐



Also known as bean curd, tofu is made by coagulating soy milk and pressing the resulting curds into solid blocks. These blocks are available in various forms: silken or extra soft, soft, firm and extra firm, depending on the water content, and each type is suited to different dishes, whether sweet or savoury. High in protein, tofu is often consumed as an alternative to meat. It can be fermented in a vegetable and fish brine to make stinky tofu, a classic Chinese street food snack.

豆腐是由凝固的豆漿壓製而成，可分為絹豆腐、軟豆腐、硬豆腐、布包豆腐等，視含水量，軟硬程度不一。不同種類的豆腐適合烹調不同菜餚，製作鹹、甜美食均可。豆腐蛋白質含量高，可作為肉類的代替品。跟蔬菜及魚肉等一起浸在鹽水裡發酵，則可製成經典的中式街頭小吃——臭豆腐。

### 6 Soy sauce 醬油



With a history of at least 2,200 years, soy sauce was traditionally made by fermenting soybeans and wheat with mold cultures and other microorganisms in large urns – a process that could take years. Today, traditional soy sauce is made in a similar way, but in temperature- and humidity-controlled conditions, while cheaper versions are made quickly from acid-hydrolysed soy protein. Consistency, aroma and saltiness of soy sauce vary from country to country.

醬油至少有2,200年歷史。傳統上，醬油是將大豆和小麥放進甕缸裡再經由麴菌和其他微生物等發酵而成，過程可能需時多年。今天，傳統醬油同樣以類似方法製造，但會嚴格控制發酵時的溫度和濕度。不過部分廉價醬油，則是由酸水解豆蛋白製而成。醬油的濃度、香氣和鹹味因地而異，沒有劃一標準。

### 7 Natto 納豆



Often eaten at breakfast atop a bowl of rice, this pungent fermented soybean dish is an acquired taste. A traditional Japanese food, smaller soybeans are fermented with natto-kin bacteria, and aged, resulting in slimy beans accompanied by sticky strings. An excellent plant-source of vitamin K2, natto is excellent for bone health and is rich in gut-healthy probiotics. Variations on this fermented soybean dish exist in China, Korea, Thailand, Nepal and India.

納豆是日式早餐常見的食物，拌白飯吃，但其味道濃烈，未必人人喜歡。這種傳統日本食物，是由較小的大豆經納豆菌發酵然後陳年而成，黏糊糊的一團，分開時還會黏著細絲。納豆含有豐富的維他命K2和益生菌，分別對骨骼和腸道健康有益。中國、韓國、泰國、尼泊爾和印度也有類似納豆的食物。

### 8 Miso 味噌



Made by fermenting soybeans with salt and a mold called koji, and sometimes other grains and beans, the resulting miso is a thick seasoning paste, big on umami, that is used in sauces, marinades and soups. Miso ranges in colour from white or yellow, with a milder, sweeter flavour, to red or brown, which is more intense.

味噌是濃稠的調味醬，由大豆、鹽與一種叫做麴的菌發酵而成，有時還會加入其他穀物和豆類。它能帶出食物鮮味，可用來做調味汁、醃醬和湯。味噌的顏色由白黃色到紅褐色不等，顏色較淺的味道會比較溫和及甜，深色的味道通常較強烈。

### 9 Tempeh 天貝



Tempeh originated in Indonesia and is made from soaked, hulled, partly cooked soybeans. They then undergo controlled fermentation and are molded into dense, cake-like blocks. Made from whole soybeans, this soy product is higher in protein, fibre and vitamins than tofu, with a firmer texture and an earthy flavour.

天貝源自印尼，做法是將大豆浸泡，去皮、煮至半熟，再經過控制嚴謹的發酵程序，然後入模做成厚實的蛋糕狀。天貝由原顆大豆製成，因此其蛋白質、纖維和維他命含量均高於豆腐，質地亦較為堅實，以及帶一點泥味。

### 10 Soy straws 豆吸管



As the world becomes ever more aware of plastic consumption, single-use plastics, such as straws and utensils, are out, and sustainable alternatives are in. One is the soybean-based paper straw, which is compostable and more environmentally friendly.

隨著大家對塑膠消耗量的關注日增，用完即棄的塑膠產品如飲管和餐具等已不合時宜，可持續發展的代替品乘時而起，可分解、更環保的大豆飲管便是其一。