

Walnut Soya Beancurd with Taro Balls

Serves 8

Ingredients

Basic:

- ✓ 1 litre NutriSoy Fresh Soya Milk with Walnut (Reduced Sugar)
- ✓ 32g instant jelly powder
- ✓ Brown sugar syrup (optional)
- ✓ Sweet red bean (optional)

Yam balls:

- ✓ 300g yam
- ✓ 80g topical starch
- ✓ 40g potato starch
- ✓ Sugar to coat yam balls

Purple sweet potatoes balls:

- ✓ 300g purple sweet potatoes
- ✓ 80g topical starch
- ✓ 40g potato starch
- ✓ Sugar to coat yam balls

Orange sweet potatoes balls:

- ✓ 300g orange sweet potatoes
- ✓ 80g topical starch
- ✓ 40g potato starch
- ✓ Sugar to coat yam balls



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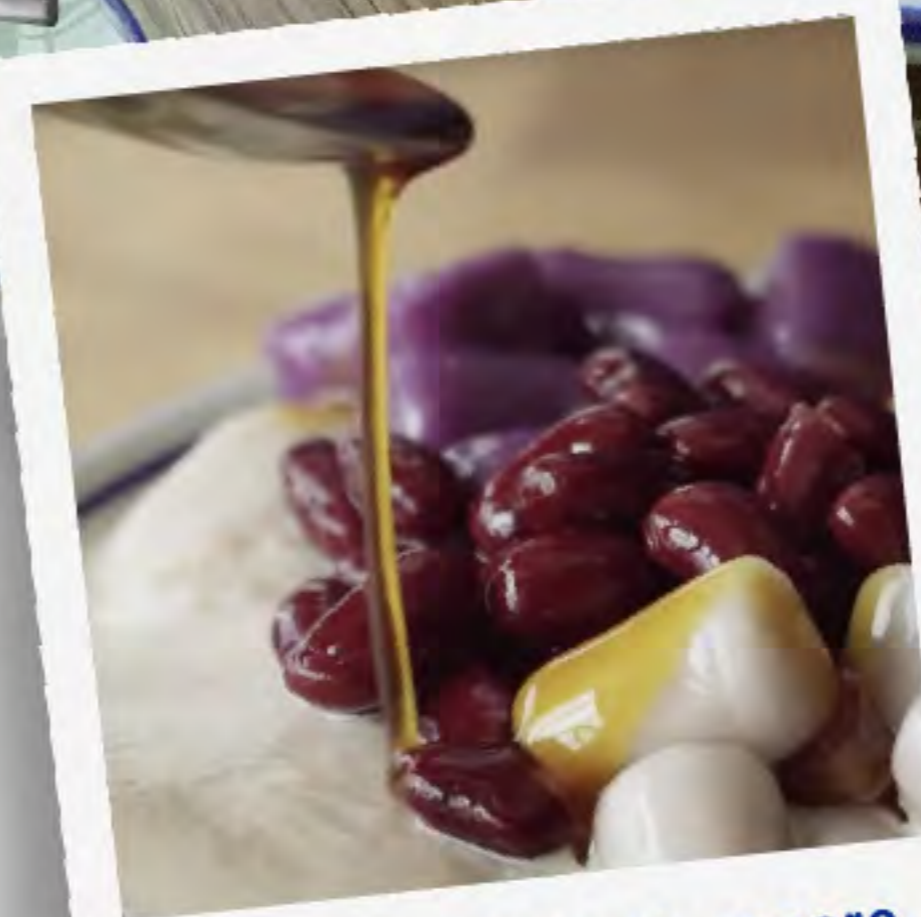
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Walnut Soya Beancurd with Taro Balls

Serves 8

Instructions

- 1 Heat 1 litre of NutriSoy Fresh Soya Milk with Walnut (Reduced Sugar) in a pot until just before it boils, keep stirring to prevent soya milk from burning.
- 2 Stir in instant jelly powder and keep stirring to make sure it is evenly dissolved in the soy milk. Strain mixture into a heat resistant bowl.
- 3 Let it come to room temperature and refrigerate for at least 6 hours or overnight to set.
- 4 Steam taro, purple sweet potatoes and orange sweet potatoes for 20-25 minutes or until soft.
- 5 While hot, mash yam and sweet potatoes. Then mix in tapioca and potato starch to each of them. Knead to form dough, add a little water if needed (depending on yam or sweet potatoes).
- 6 Roll the dough to 1cm thickness, then cut them into bite sized pieces.
- 7 Cook the yam and sweet potatoes balls in water. Once they float to the top let them cook for another minute before straining them to coat with sugar
- 8 Serve with walnut soya beancurd. You can also add optional toppings of red bean and brown sugar syrup based on your preference.



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