

How long should Soya Chunks be cooked?

Soy nuggets are considered to be a very healthy food and are usually used as a substitute for meat. They are rich in protein and contain no fat, which is of great benefit to human health. For vegetarians, soy nuggets can provide them with adequate nutrition while avoiding meat, so they are widely welcomed.

Soybean nuggets are also very simple to cook. It is a kind of food that can easily be cooked into any taste. Before understanding the specific cooking methods, let us understand what soybean nuggets are.

What is soy nuggets

Soybean nuggets are vegetable protein foods made from defatted soybeans after soybeans or soybean meal have been extracted with fat. They are usually called vegetarian meat. Veggie meat has very good water absorption and fibrous structure. It tastes similar to meat and can replace traditional pork and poultry.

[Soy nuggets](#) are rich in protein, the content is 4-8 quilt of cereals, twice as much as meat, and rich in unsaturated fatty acids, calcium, potassium and other minerals and vitamins. It also contains 18 kinds of amino acids. The 8 amino acids that are necessary but cannot be synthesized by themselves are very high in content and have a reputation as the crown of food.

Regular consumption of soy nuggets can effectively reduce cholesterol, enhance disease resistance, and have a better edible health care effect on hypertension, diabetes, cardiovascular disease, and obesity. Nowadays, people often use soy nuggets instead of meat products. Soy nuggets can also

be used to make many delicacies, so many people like to eat soy nuggets very much.

The preparation of soy nuggets is also very simple. You only need to cook the soy nuggets in advance and soften them. After squeezing out the moisture inside, you can make various delicacies.

Soybean nuggets need to be cooked in water before being eaten. How long it takes to cook depends on different cooking methods.

method one:

Add water to the pot and bring the water to a boil. Then add the soy cubes to the boiled water. It takes about 5 minutes to boil at this time. After boiling, squeeze out the moisture in the soybean block, soak it in cold water for 2-3 minutes, squeeze the moisture out, and then cut into pieces for later use.

Method Two:

Put the soy nuggets in a container and pour hot water until the soy nuggets are covered. Let stand for 20 minutes to make them soft. The softened soy nuggets will expand quickly. Squeeze the water out of the soy nuggets. Making food.

The above are two methods of boiling soy nuggets. If you boil them directly in boiling water, it takes 5-8 minutes. If you soak in hot water, it will take longer. The follow-up use methods are also varied, whether it is stir-frying or adding seasonings to eat directly.