

How to Make Natto

Natto is a traditional health food in Japan made from fermented soybeans. Highly nutritious and rich in protein, the fermented beans are a popular breakfast dish. Natto can be an acquired taste because of its slippery texture which is similar to cooked okra but with a pungent smell.

Yield: Makes approximately 1 C / 150 g.

Timing: 12 hours to soak the beans, 7-8 hours in a covered pot in the Folding Proofer and Slow Cooker on Slow Cook mode, 18-24 hours on Proofer mode.

Ingredients	By volume	By weight
Soybeans, whole organic, dried	½ C / 125 ml	85 g / 3 oz
Natto starter	1 special measuring spoon	0.1 g / 0.0035 oz

Equipment: Brød & Taylor Folding Proofer and Slow Cooker, one 4-quart /4- liter covered stock pot, and six 1-C / 250-ml heat-resistant glass containers.

Soaking the Soybeans. Place the rinsed soybeans into the stock pot and cover them with enough water to submerge all the beans. We use about one part soybeans to three parts water. Soak the beans overnight for 12 hours. The beans will triple in size.

Cooking the Soybeans in the Proofer on Slow Cook Mode. Place the soybeans in the covered stock pot in the center of the Proofer directly on the aluminum base plate (remove the rack and water tray). Close the lid of the Proofer. Cook at 195 °F / 90 °C for 7-8 hours or until the beans are soft enough to easily break them with fingers. Drain and place the cooked beans in a large sterilized bowl.

Preparing the Natto Solution. Dissolve one special measuring spoonful of natto starter in 2 tsp / 10 ml of pre-boiled or sterilized and then cooled water.

Adding the Natto Solution to the Cooked Soybeans. Pour the natto solution over the warm beans and stir them carefully with a sterilized stainless steel spoon.

Note: Make sure the beans are still warm.



Spooning the Natto into Glass Containers. Place a thin layer of soybeans in each of the five to six sterilized glass containers and loosely put lids over each container. Do not tightly seal the containers.

Culturing the Soybeans on Proofer mode at 100 °F / 38 °C for 18-24 Hours. Place the glass containers on the wire rack in the Proofer set at 100 °F / 38 °C. When the natto is completely done, it should show some white filaments. Do not use the water tray in the Proofer.



Stopping the Fermentation. Remove the glass containers from the Proofer. Store the covered containers in the refrigerator at least overnight before eating. The natto can also be aged in the refrigerator for 3-4 days.

Note: Natto with a strong ammonia smell should be discarded.

Important Tips:

- *Make sure that all pots, bowls, containers, and utensils that are used for making natto are sterilized.*
- *Be sure to only place a thin layer of soybeans in the container when culturing.*
- *Leave finished natto in the refrigerator for at least 12 hours before eating.*
- *Aged natto can be stored in the freezer and thawed for later use.*