



## 福豆 FUKU MAMÉ

(煎り大豆 Iri Daizu)  
Roasted Good-Fortune Beans

Dry-roasted soybeans are positively addictive! But, considering what the alternative snacks or nibbles might be, these are probably the most nutritious option around – no salt, no sugar, LOTS of protein and fiber. Already roasted soybeans are sold in Asian groceries though some have additives (check the label carefully). Making your own is not difficult, though it will take a bit of time.

### **Makes about 4 cups.**

2 cups dried soy beans (white or black), about 14 ounces/400 grams

If you will be making both white and black soybeans keep them SEPARATE throughout the preparation process. They behave differently at each stage. They can easily be combined after each is made.

Soak WHITE soy beans for at least 1 hour. Soak BLACK soy beans for at least 2 hours. Either/both need to have swollen to at least twice their original size. Soaking overnight is fine if that makes timing easier. Drain off the soaking liquid: WHITE soy beans will have a clear-colored liquid, BLACK soybeans will have a slightly red-grey liquid.

Transfer soaked-and-drained beans to a heavy-duty skillet. Dry roast over low heat keeping the beans in constant motion. White beans will parch and dry more readily than black ones. It will take AT LEAST 30 minutes and possibly an hour or more to dry-roast the soy beans. Let the beans cool COMPLETELY before transferring to a jar for longer term storage. Once made the beans will keep for a month or more (though you'll no doubt have eaten them long before then).

