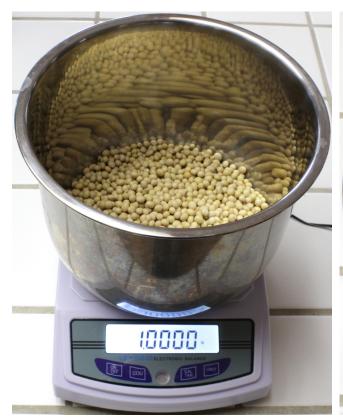
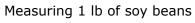
Cooking Natto

Pressure cooker, Large glassware pot, Small glassware pot, Mesh strainer, Chopsticks, Scale

Day 1 Day 2 Day 3 Day 4 16 18 20 22 6 8 10 12 14 16 18 20 22 6 8 10 12 14 16 18 20 22 2 4 6 8 10 11 13 15 17 19 21 23 1 3 5 7 9 11 13 15 17 19 21 23 1 3 5 7 9 17 19 21 23 1 3 5 7 Keep SP in refrigerator for 24 H - Drain IP through mesh strainer to - Put 1 pound of SB in - Pack Natto into BPA free containers LP to keep/store broth IP, wash by water - Sterilize SP and chop sticks by Soak in water for 16 H PC: Pressure Cooker boiling water IP: pressure cooker Inner Pot - Drain/rinse SB, add - Put cooked SB into SP LP: Large glassware Pot water 1" above SB - Add 3 Tspoons of broth to SP SB: Soy Beans PC "High" for 55 M SP: Small glassware Pot - Stir/mix Natto & cooked SB in SP - Cover over SP by paper towel - Turn off PC H: Hour(s) PC "Yogurt" mode for 24 H Leave for 40 M M: Minuite(s)







Soaking starts



Soaked soy beans in pressure cooker



Porridge, Pressure High, 55 Minutes



Pressure cook done



Drained into large pot & Pressure-cooked soy beans





Natto on cooked soy beans

Stir & mix Natto and cooked soy beans in small pot







Yogurt mode for 24 hours with no pressure





Yogurt mode done & Stir to make sticky natto

Packed into total 15 8 oz BPA free containers