Kong Jang (Korean candied soybeans)

beans DIALED

basis soy beans = 200 g

	Ingredient	Grams	Baker's	Total	Method
1	soy beans, dried	200	100.0%	21.5%	Soak dried soaybeans in water for ***8 hours*** or ***overnight***.
	water, cold	400	200.0%	43.0%	
2	soy sauce	118	59.0%	12.7%	Add remaining incredients and soybeans and water to a pressure cooker.
	sugar	200	100.0%	21.5%	
	vegetable oil	5.0	2.5%	0.54%	
	garlic, minced	8.0	4.0%	0.86%	
3					Cook at 1 bar/15psi for ***10 minutes***. Release pressure naturally[1] (***10 min***).
4					Strain soybeans and reduce liquid on high until syrupy.
5					Return soybeans to liquid and cool before serving.
	Total	**931**	465.5%	100.0%	

[1]Natural release: Turn off the heat and let the pressure drop on its own until the lid unlocks; 10-30 min, and the food keeps cooking meanwhile. For beans, grains, fruit, braised meat, desserts and stock.