

P-Fu

Ingredients

-2C pea flour

-6C water

-Salt

Instructions

Soak for 2C pea flour and 3C water for ~20 mins

In a separate pot bring the remaining 3C water to a boil

Add salt to taste (1 1/2 tsp? Please report back)

Whisk in the soaked pea flour slurry

Bring to a boil, then cook on LOW for 8 minutes

Pour in to a half-length gastro tray and smooth over

Allow to cool/set (happens quick)

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