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Use of Whole Soy Ingredients in Food and Beverage Applications

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Defatted soy ingredients are used extensively and available at commodity pricing throughout the world. At the same time, the use of whole soy ingredients has always had a place in the food industry. All the natural proteins, oils, fibers, sugars and lecithin are still in the ingredients, which has unique functional properties.

There are many ways to control the functionality of whole soy ingredients. Roasting/toasting methods are varied and the ability to create raw (enzyme active) soy ingredients are used commonly in food applications. It is critical to identify what the goals of the food are to determine the correct whole soy ingredient.

Bakery applications demand different functionality based on the product being made. Emulsification, bleaching, machinability, taste, shelf-life and protein enhancement are all good applications for whole soy ingredients. Particle size variations can many times answer the needs of specific ingredients as well.

Traditional soyfoods, like tofu and soymilk, have been successfully made using semi-processed whole soy ingredients. The end results are often less expensive and better than the traditional ways of making soyfoods.