

ABSTRACT

Soybeans from two unknown varieties were used to study characteristics that affect yield and quality of tofu (produced from CaSO_4 coagulation and acetic acid coagulation) and okara. Tofu produced by CaSO_4 coagulation had higher yields (3.75 kg and 3.66kg from soymilk A and soymilk B respectively) than tofu produced by acetic acid coagulation (2.79kg and 3.11kg from soymilk A and soymilk B respectively). Okara yields were similar for both varieties of soybeans. Tofu and okara of similar nutritional value were produced from the two soybeans. The best storage temperature for both tofu and okara was 0°C. Additionally, tofu made by acetic acid coagulation had lower microbial counts at all storage temperatures and hence a longer shelf life than CaSO_4 coagulated tofu samples. Changes in pH, firmness and colour of tofu were observed at 4°C and 0°C. Tofu filling and cookie bars with varying levels of okara were also produced from the experimental tofu and okara. Sensory evaluation of the “products” and tofu samples were performed by semi-trained panelists. Freshly-made tofu produced from both soybeans and coagulants had similar sensory traits, but under storage these traits differed. Tofu filling was preferred over chicken filling by panelists. Cookie bars made with okara (25%) were preferred over the other okara samples (0%, 50% and 75%). Tofu and okara can be successfully incorporated into products that are appealing to the local population and has potential for development.

Keywords: Angela U. Ramnarine, Tofu, Okara, Tofu products, Okara products