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COOKING QUALITY OF FOUR VARIETIES OF SOYBEANS AS INFLUENCED BY STORAGE

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Although whole Soybeans could be an important source of good quality proteins for countries that have a short supply of animal protiens, the long cooking times necessary have discouraged its wide use. It has been observed that excessive cooking times are needed specially by Soybean that have been stored for long periods.

In the investigations carried out it was recognised that cooking consisted of two steps, soaking and balanching. The rate of water absorption during soaking, and blanching times, were studied for four Soybean varietes stored for 13–20 weeks, at room temperature and atmospheric humidity. The effect of the seed coat on water absorption and blanching was also studied.

It was found that the water absorption pattern varied for the different varieties but did not vary significantly with storage for any one variety. The blanching time of the presoaked beans on the other hand showed varietal differences and also increased significantly with increased storage time, almost two fold for SJ 2 and Bossier.

The seed coat while being an important barrier to water absorption during soaking did not show any change during storage that affected the rate of water absorption or blanching times. The increased cooking time was attributed to structural changes in the cotyledon part of the seed. Deterioration in flavour was observed with storage.