

B-77: Preparation of high quality soymilk

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Although many soybean products are popular in Sri Lanka, soymilk still has to gain its due place. Soymilk is rejected mostly due to its beany off flavour.

Until last year, soymilk was produced in Sri Lanka either by the Chinese method or the Illinois method. The Chinese method is popular due to its convenience, even though it produced an off flavoured milk. The Illinois method results in a better flavoured milk. However, the occurrence of broken and damaged beans introduces some off flavour to soymilk produced by this method.

Recently the University of Illinois developed a direct blanching process to overcome the off flavour problem. The new method was optimized to suit local conditions to save energy, water, time and labour without altering the quality parameters of the milk. In the localised method, cotyledons were blanched for 10 min. ground with hot water, filtered and simmered to obtain milk. Sensory studies indicated that the soymilk produced by the new method was significantly better than that of the Illinois process in flavour. Also chemical analysis showed that there are no major differences in protein or total solid contents of milk produced from the 2 methods.

The new method, which was introduced early this year to the Sri Lanka Soybean Processors Association, is very popular. The method is currently being used to produce soymilk, which is the base for flavoured beverages, yoghurt, coconut milk substitutes, ice cream and other frozen products.