

Title Effect of Pre-treatments on Cooking Time of Soya Flakes
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Abstract

Experiments on cooking characteristics of full-fat and defatted soya flakes were performed using different cooking treatments, viz., normal boiling, cooking with additive salts, pressure cooking to explore the feasibility of using such flakes in the preparation of broth. The results indicated that the optimum cooking time of soya flakes can be successfully reduced from 142 min by normal boiling to 69 min by pre-heating and boiling in 1% sodium bicarbonate (NaHCO_3) and 11 min by pre-heating and pressure cooking in 1% NaHCO_3 for the preparation of good-quality broth thus reducing time and energy in cooking considerably.