Soybean Recipes (Utilization of Soybean Products in Ondo State, Nigeria)

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Introduction
Soybean is gaining popularity as a source of protein for human consumption in Nigeria. It is one of the least expensive sources of protein when compared to eggs, beef, or milk.

Several nutritious products can be derived from soybean. These products are flours, flakes, snacks, weaning foods and soya milk. The recipes given below show the various ways soybeans are being processed to meet the nutritional needs of people in Ondo State, Nigeria despite their low income. To improve the protein quality of local dishes such as iyan (pounded yam), eba, tuwo and many other traditional dishes, one part of soyabean's flour is added to three parts of amala, yam, plantain or cassava flour.

Pre-treatment of Soya bean product
To prepare soya bean for human consumption: two methods are adopted.

(i) The wet method which produces paste
(ii) The dry method which produces flour

To prepare the wet methods (paste) the following steps are necessary:

(i) Pick stones, sticks, leaves and damaged soybeans
(ii) Soak the beans for 8-12 hours.
(iii) Blend i.e boil for 20-25 minutes
(iv) Grind to paste

DRY METHOD
(i) Pick stones, sticks and damaged beans from whole soya bean
(ii) Blanch i.e. boil for 20-25 minutes
(iii) Dehusk i.e. remove seed coat or testa
(iv) Separate beans from husk
(v) Dry
(vi) Grind to flour

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Preparation of soya milk

Method I
1. Pick stones and broken beans from soybeans
2. Soak beans for 8-12 hours
3. Drain the water and blanch the beans for 20-25 minutes
4. Grind the beans into a paste
5. To every cup of soya paste, add 2-3 cups of water
6. Mix thoroughly and strain the slurry with sifter or muslin cloth. Squeeze out as much filtrate as possible.
7. Boil the filtrate for 10-15 minutes
8. Add sugar to taste.

Method II
1. Pick, stones and broken beans for whole soybeans
2. Blanch for 20-25 minutes
3. De-husk i.e. remove seed coat
4. Grind into a paste
5. To every cup of soya paste, add 2-3 cups of water
6. Mix thoroughly and strain the slurry with sifter or muslin cloth. Squeeze out as much filtrate as possible.
7. Boil the filtrate for 10-15 minutes. Skimming off the scum at intervals
8. Add sugar to taste.

Preparation of soya gari

Soya paste
Cassava paste

Method
1. Peel, wash and grate cassava tubers
2. Prepare soya paste
3. Mix 1 part of soya paste or soya residue with 4 parts of grated cassava
4. Put in woven sacks and ferment for 4-5 days
5. Press out the remaining water
6. Sift
7. Fry
### Preparation of soya ogi

**Method**

1. Prepare maize paste by soaking in water for 3 days. Wash and grind at the local mill or a grinding stone. Add 3 bowls of water to 1 bowl of paste to mix. Sieve with a fine wire mesh or Muslin cloth to remove the shaft. Allow to settle for 6-12 hours and remove excess water (what is left is ogi paste).

2. Prepare soya paste

3. Mix a bowl of soya paste to a bowl of ogi paste

4. Prepare soya ogi boiling the mixture.

### Preparation of soya okara

**Ingredients:**

1. 2 milk tins (300 cc) cowpea paste
2. 1 1/2 milk tins (225 cc) soya paste
3. 1 egg for binding (optional) little water, red pepper, onions and salt to taste, add half bottle groundnut oil or palm oil for frying.

**Method**

1. Beat the cowpea and soya pastes in a clean bowl with a wooden spoon until very light and fluffy to incorporate air.

2. Add the egg and beat into the mixture (optional)

3. Stir in chopped pepper, onion and salt to taste

4. Deep fry in hot groundnut or palm oil

5. Serve with ogi or gari

### Preparation of soya bean cake

**Ingredients:**

1. 1 cup soyabean flour
2. 2 cups wheat flour
3. 4 teaspoons baking powder
4. 1 cup sugar
5. 1 cup milk
6. 1 1/2 cup margarine
7. 1 1/2 teaspoon salt
8. 1 eggs
9. 1 teaspoon vanilla, orange or lemon juice.

**Method**

1. Sift together the wheat, soyabean flour, salt and baking powder into a bowl

2. In a different bowl, cream the margarine and sugar until very light and fluffy ready to incorporate air. Add the flavoring.
3. Add eggs one at a time and mix well after each addition.
4. Add the sifted dry ingredients alternately with the milk beginning and ending with the dry ingredients.
5. Pour the butter into greased and floured muffin tins of clean empty food tins.

**Preparation of soya pounded yam**

**Method**
1. Peel the yam, cut it into pieces and rinse in water.
2. Tie the soyabean paste into a plastic bag (Nylon) and put it on the top of pot of yams to boil.
3. Cook yam and soyabean paste.
4. When the yam is soft and ready, start to pound.
5. When the yam is pounded and before adding water to it, add the cooked soyabean paste and pond it well together with the yam.
6. Add a little water to the pounded mixture, pound well until it is ready to be served.

**Preparation of soya amala**

**Ingredients**
1. 4 Peak milk tin-full of yam of cassava flour
2. 2 peak milk tin-full soya flour
3. Water

**Method**
1. Put water to boil.
2. Sieve together yam/cassava flour plus soyabean flour.
3. Sprinkle sieved mixture (yam and soyabean flour) to boiled water on fire little at a time; stir vigorously to avoid formation of lumps.
4. Stir until smooth and compact in texture.
5. Serve hot with soyabean vegetable soup.

**Preparation of soya bean vegetable soup**

**Ingredients**
1. 1½ cup soya paste
2. 5-6 cups picked vegetable leaves
3. 1-2 teaspoon Iru (fermented soyabean)
4. 2-3 kitchen spoonful palm oil, salt, pepper, tomatoes and onion to taste. Shrimps and fish or meat (Optional).
<table>
<thead>
<tr>
<th>Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Wash and blanch soyabeans for 20-25 minutes</td>
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<tr>
<td>2. Decoat (remove husk as for beans) and grind beans with water to make paste</td>
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<tr>
<td>3. Grind the soup ingredient i.e. pepper, onion, tomatoes etc</td>
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<td>4. Add ingredients into warm oil and cook for 10 minutes</td>
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<td>5. Add soya paste in bits and cook for 20 minutes</td>
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<tr>
<td>6. Add water, salt and iru as required and cook for 10 minutes</td>
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<td>7. Prepare vegetable according to type, boil, chop and add to soup</td>
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<td>8. Allow to simmer for 5 minutes</td>
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<td>9. Serve warm with amala, eba, rice or fufu</td>
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</tbody>
</table>

Note: Other ingredients such as condiments and meat may be added.

**Preparation of soya meat**

**Ingredients**

- Milk tin Soya beans
- Teaspoon sugar (granulated) 1-2 teaspoon salt. 1-2 milk tine groundnut oil.

**Methods**

1. Pick stones and broken beans from whole soya beans
2. Soak the beans for 8-12 hours
3. Drain and wash
4. Grind into paste
5. Boil the filtrate
6. Add lime juice to the boiling filtrate stirring gently until the mixture begins to curdle.
7. Pour the mixture into a cheese cloth, fold the cloth over the top
8. Place a flat material (plank) on top of the cloth and put a weight on it to press out the liquid.
9. Let it stand for a few minutes until very firm
10. Slice tomato and onions and fry lightly in hot ground nut oil.
Preparation of soya iru

Ingredients
- Fermented soyabean (similar to fermented locust bean)
- 2 Peak milk tin soyabean, 1 litre of water, leaves, basket or calabash.

Method
1. Pick soyabean
2. Put water to boil
3. Pour picked soyabean into twice its volume of boiling water and leave to boil for 30 minutes
4. Take pot off fire, decoat and wash thoroughly
5. Put the soyabean back into pot and cover with twice the volume of water, bring to boil and cook slowly for about 2 hours or until the beans taste like boiled groundnuts
6. Drain off excess water
7. Line a clean basket with leaves (pawpaw leaves preferably)
8. Empty the cooked, hot soyabean into the basket spread uniformly and cover with leaves. Cover the basket with a tray wrap with cloth or jute bag
9. Keep container in a warm place preferably near a fire place for 3–4 days to ferment
10. Remove the fermented beans and add salt
11. Use as seasoning for vegetable, okro or any type of soup or stew.
SOYA CONFECTIONERY
Preparation of soya chinchin
Ingredients
1. 1 cup soya bean flour
2. 2 cups wheat flour
3. 3 teaspoons baking powder
4. ½ cup sugar
5. ½ cup margarine
6. 1 milk tin vegetable oil

Method
1. Sift together wheat flour, soya flour, salt, and baking powder into a bowl
2. In a different bowl, dissolve sugar with milk and little water
3. Mix thoroughly margarine and flour by rubbing thorough palms and finger; add egg and mix
4. Mix the liquid (milk, water) to the flour to form a dough
5. Cut dough into pieces and roll on the rolling board with a roller and make it very pliable
6. Cut into desired shape and deep fry in hot oil.

Preparation of soya snack
Ingredients
1. Milk tin soya beans
2. Teaspoon sugar (granulated) ½ teaspoon salt, ½ milk tin groundnut oil.

Method
1. Pick, stones and broken beans from whole soya beans
2. Blanch for 20-25 minutes
3. Dehusk i.e. remove seed coat
4. Separate beans from husk
5. Spread in a tray and dry
6. Fry in hot groundnut oil.

Preparation of soya candy
Ingredients
1. 1 cup dehusked, washed soyabeans, 2 table spoon of sugar (granulated)
2. 1 desert spoonful water
3. 1 desert spoonful of groundnut oil and
4. Salt
Method
1. Roast the soyabeans adding the groundnut oil and teaspoon sugar and salt (till light brown)
2. Put the remaining sugar into a frying pan add water and leave to melt.
3. Add the roasted soyabeans and stir till golden brown
4. Wet a board with water and divide beans in even size portion while till hot.

Preparation of soya fish pie
Ingredients
1. 1 cup soyabean flour
2. 2 cup wheat flour
3. 3 Teaspoons baking powder
4. 2 Teaspoons salt
5. 2 Eggs
6. ½ Cup margarine
7. ½ Cup milk (optional)

Method
1. Sift together the soya flour, wheat flour, salt and baking powder in a bowl
2. Mix margarine with the above mixture
3. Add eggs and mix. Add little water at a time and mix to form a dough. The dough should be very pliable
4. Cut dough into pieces and roll on a rolling board and cut into desired shape
5. Add fillings (i.e. fish, potatoes, eggs, or onion) into cut dough, close and bind with whisked eggs
6. Bake in oven, or deep dry in hot vegetable oil where oven in not available