Yield and Amino Acid Composition of Fractions Obtained During Tofu Production

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ABSTRACT

Five fractions are derived during processing of soybeans into tofu: soak water, water-insoluble residue, soymilk, tofu, and whey. Soak water and whey accounted for 14% of bean solids, 4.7% of bean protein, and a small amount of oil; the residue accounted for 30, 20, and 11%, and soymilk accounted for 63, 79, and 82%, respectively. Almost all of the soymilk oil and 90% of soymilk protein are converted into tofu.

Consequently, 52% of solids, 71% of protein, and 82% of the oil in the soybeans were recovered in the tofu fraction. Amino acid composition varied considerably among the fractions, indicating the biological values of these fractions may differ. The residue that contained 27% protein had an essential amino acid to total amino acid ratio similar to that of tofu and soymilk and an oil content of only about 8%.

Whole soybeans have been processed into a great number of palatable foods for centuries in the Orient (Wang et al. 1979a). The most common practice is the hot-water extraction of wet-ground beans to yield a milk-like product known as soymilk. Soymilk is consumed as a beverage, but more often it is converted to curd or tofu by the addition of a calcium or magnesium salt. Tofu has a bland taste and is one of the traditional soybean foods that is gaining attention and general acceptance in the West.

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MATERIALS AND METHODS

Preparation of Tofu on a Laboratory Scale

Three commercial soybean varieties, Vinton, Baird B31000, and Beeson 80, were used. Vinton and Beeson are varieties favored by many tofu producers.

Tofu was prepared by the method of Wang and Hesseltine (1982): 100-g portions of soybeans (as is basis) were washed, immersed in 300 ml of distilled water for 16 hr at room temperature (24-25°C), drained, and rinsed with distilled water. The combined liquid from soaking and rinsing was designated as soak water. The soaked beans were homogenized for 2 min in a Brinkmann homogenizer with the addition of enough water to give a ratio of dry beans to water, including that absorbed during soaking, of 1:10. The resulting slurry was brought to a boil and kept at boiling for 15 min. The hot slurry was then filtered through four-layered cheesecloth to separate the soymilk (water soluble) from the residue consisting of hulls and other insoluble materials. After the milk was cooled to about 70°C, it was poured into a calcium sulfate (CaSO4·2H2O) suspension (10% volume of the milk) containing an amount of the salt, so that the final concentration of salt in the milk was 0.02 M. After settling for 10 min, the curds were transferred to a cheesecloth-lined wooden box and pressed by placing weight (10 g/cm²) on the top for 1 hr to separate whey from curd (tofu).

The processing of whole soybeans into tofu results in five fractions known as soak water, residue, soymilk, tofu, and whey. These fractions were collected and either freeze-dried or used directly for analyses.

Tofu preparation was carried out twice with each soybean sample.

Analytical Methods

The moisture content of each fraction was determined by drying a portion of freshly collected fraction to constant weight at 110°C. Micro-Kjeldahl analysis (AOAC 1975) was used to determine the crude protein (N × 6.25), and hexane extraction (5-hr butt tube, AOAC 1975) was used for oil content.

Amino Acid Analyses

Defatted freeze-dried samples were hydrolyzed for 24 hr by refluxing in 6N hydrochloric acid, evaporated to dryness, and dissolved in citrate buffer at pH 2.2. A portion of the hydrolysate with norleucine as internal standard was analyzed for amino acids with a Beckman model 330 liquid chromatography system employing ninhydrin detection. Data were computed by automatic data processing.

RESULTS AND DISCUSSION

Composition and Solids Recovery of Soybean Fractions

Data in Table I compare the composition of each fraction collected from tofu processing with that of the original beans. The percentages of total solids, protein, and oil recovered in each fraction are presented in Table II. All values represent averages of duplicate analysis on different tofu preparations of each soybean sample.

Soak water and whey are dilute solutions and are considered as waste, although they have traditionally been used in animal feed. About 13.5-14.8% of total bean solids and 5.4-6.6% protein were lost from the original soybeans in these two fractions (Table I). Hackler et al (1963) reported losses of 16% solids and 9%
protein in the whey fraction. Whey is derived during the coagulation of protein from soymilk; therefore, the coagulation conditions could affect the amount of solids and protein lost in the whey. Depending on the soybean variety and soaking conditions used, soaking alone has been reported to result in as much as 10% loss of solids, and the loss of solids as well as the ratio of protein to total solid is increased as soaking time and temperature are increased (Lo et al. 1968, Wang et al. 1979b).

The by-product residue contained an average of 83.0% water, 4.6% protein, and 1.3% oil. On a dry weight basis, it contained 27.1% protein and 7.6% oil. The residue accounted for 29.6% (27.6-30.6), 20.2% (17.8-22.3), and 11.4% (11.1-12.0) of original bean solids, protein, and oil, respectively. These values may vary with the extraction procedures and the method used to separate the solubles from the insolubles as well as with the soybean varieties. Among the three varieties tested, Vinton had the lowest percentage of unextracted protein. Smith et al. (1960) reported 29% of the original bean solids recovered in the residue, but the protein recovered in the residue varied from 12.3 to 18.4%, with an average of 16.8% (seven varieties). Hackler et al. (1963) found 23.5% of bean solids and 13.5% of bean protein in the residue fraction (one soybean sample).

The composition of milk is greatly affected by the amount of water used to extract the beans (Johnson and Snyder 1978). The milk we prepared contained 3.4% (3.1-3.5) protein and 1.7% (1.5-1.8) oil. The total solids recovered in the soymilk averaged 62.5% ranging from 60.4 to 64.7%. The respective amounts of extracted protein and oil were 78.8% (75.5-83.0) and 82.3% (78.7-84.6) of that in the beans. Hackler et al. (1963) observed a 65% solids recovery and 83.0% protein recovery in the soymilk. In the present study, the soybean slurries were heat-treated before filtration. Heat treatment facilitates filtration; however, it almost certainly reduced protein solubility. Because of the low percentage of protein recovered in the residue prepared from Vinton beans, it is not surprising to find a high percentage of protein recovered in the milk fraction; this is a desirable characteristic of bean varieties for soymilk and tofu processing. These figures may vary with extraction and separation procedures as well as with bean variety.

Tofu is a highly hydrated product. As shown in Table I, tofu made in this study had a composition of 85.9% (84.9-87.3) water, 7.6% (6.5-8.8) protein, and 4.4% (4.1-4.6) oil and an average of 53.9% protein and 31.2% oil on a dry weight basis. The protein content varies with the protein content of the bean, but it is also affected by water content. The water content of tofu can vary significantly with the type and quality of coagulant used, coagulation conditions, and the method used to separate the whey (Wang and Hesseltine 1982). In agreement with previous findings (Smith et al 1960, Wang et al 1983), soybean varieties with high protein content (dry weight basis) yield tofu with high protein. Among the three varieties tested, tofu made from Vinton beans had the highest protein content: 58.3% (on dry basis) versus 53.5% from Baird beans and 51.2% from Beeson beans. The high percentage of extractable protein from Vinton beans apparently contributes to the high protein content of the resultant tofu. It is also known that protein extractability slowly decreases as the beans age (Smith and Circle 1972), so the storage time and conditions of the beans probably also affect the protein content of tofu.

Tofu yield averaged 52.2% (51.2-53.7) of solids in the original beans in this study. The protein and oil recovered in tofu amounted to 71.1% (68.5-75.8) and 82.4% (79.5-84.4) of that in the original beans, respectively. Smith et al. (1960) reported an average of 46.1% solids and 62.7% protein. Hackler et al. (1963) found 49% solids and 74% protein.

Tofu and whey fractions are prepared from soymilk. Results in Table II show that about 90.2% of the protein and almost all of the oil in soymilk were recovered in tofu, indicating an efficient coagulation procedure. As indicated in Table I, the residue has an average of 83.0% water. Perhaps the filtration procedure used in this process could be improved to separate more solubles from the residue and thus increase the yield of soymilk and tofu.

### Table I: Composition (%) of Soybeans and Soybean Fractions Obtained During Tofu Preparation from Three Varieties of Soybeans

<table>
<thead>
<tr>
<th>Fractions</th>
<th>Vinton</th>
<th>Baird</th>
<th>Beeson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole soybeans</td>
<td>11.4</td>
<td>10.2</td>
<td>7.5</td>
</tr>
<tr>
<td>Soak water</td>
<td>99.0</td>
<td>98.8</td>
<td>97.9</td>
</tr>
<tr>
<td>Residue</td>
<td>82.9</td>
<td>82.7</td>
<td>83.5</td>
</tr>
<tr>
<td>Soy milk</td>
<td>93.4</td>
<td>93.3</td>
<td>93.0</td>
</tr>
<tr>
<td>Tofu</td>
<td>84.9</td>
<td>87.3</td>
<td>85.6</td>
</tr>
<tr>
<td>Whey</td>
<td>97.9</td>
<td>97.8</td>
<td>98.1</td>
</tr>
<tr>
<td>Moisture</td>
<td>36.1</td>
<td>33.6</td>
<td>37.1</td>
</tr>
<tr>
<td>Protein</td>
<td>15.4</td>
<td>17.5</td>
<td>19.6</td>
</tr>
<tr>
<td>Oil</td>
<td>nd</td>
<td>1.7</td>
<td>1.3</td>
</tr>
</tbody>
</table>

*Not detected.

### Table II: Percentage of Total Solids, Protein, and Oil Recovered in Fractions Obtained During Tofu Preparation from Three Varieties of Soybeans

<table>
<thead>
<tr>
<th>Fractions</th>
<th>Vinton</th>
<th>Baird</th>
<th>Beeson</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soak water</td>
<td>3.6</td>
<td>4.0</td>
<td>5.1</td>
</tr>
<tr>
<td>Residue</td>
<td>27.6</td>
<td>30.5</td>
<td>30.6</td>
</tr>
<tr>
<td>Milk</td>
<td>64.7</td>
<td>62.4</td>
<td>60.4</td>
</tr>
<tr>
<td>Tofu</td>
<td>53.7</td>
<td>51.2</td>
<td>51.4</td>
</tr>
<tr>
<td>Whey</td>
<td>11.2</td>
<td>9.7</td>
<td>8.4</td>
</tr>
<tr>
<td>Solids</td>
<td>0.9</td>
<td>0.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Protein</td>
<td>trace</td>
<td>22.3</td>
<td>20.6</td>
</tr>
<tr>
<td>Oil</td>
<td>trace</td>
<td>11.1</td>
<td>12.0</td>
</tr>
</tbody>
</table>

*Based on original soybeans.
content than did the residue and soymilk. Because the sulfur amino acids are limiting in soybean protein, the differences in the amounts of sulfur amino acids may have a greater effect on the quality of the protein than do the differences in other essential amino acids.

The soak water protein had an unusually high aspartic acid content, and its threonine content was also higher than in other fractions except the residue. The lysine content of soak water was lower than other fractions. But like the whey fraction, the soak water also had a low nitrogen recovery as amino acids (84.8%), indicating the presence of nonprotein nitrogen.

Hackler et al (1963) studied the nutritional value of soybean fractions through a feeding study and reported that the residue was nutritionally superior to the other fractions. Although the residue obtained from our process has an E/T ratio comparable to that of soymilk and tofu, other factors such as the balance of essential amino acids and release of amino acids during digestion may affect the nutritional value. This by-product of tofu processing, which accounts for one-third of the original solids, could be a valuable food source. The American tofu industry uses the residue to make a fermented food known as tempeh. TEMPEH is the fermentation substrate in the fermentation industry. The use of soymilk and tofu as food has already been accepted in the West.

LITERATURE CITED


WOLF, W. J., and COWAN, J. C. 1975. Soybeans as a Food Source. CRC Press: Cleveland, OH.