

## Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.



# homemakers' chat

FOR USE IN NON-COMMERCIAL BROADCASTS ONLY

U. S. DEPARTMENT  
OF AGRICULTURE



Thursday, January 13, 1944.

## QUESTION BOX

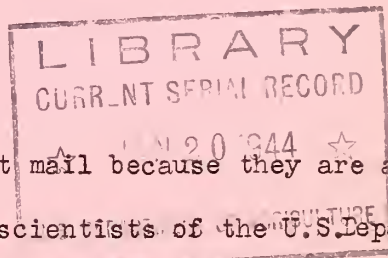
1.9  
In 3 Hh  
cop 1

Why try soya products?  
"Full-fat" or "low-fat" soya flour?  
Does soya flour change the flavor  
of foods?  
Dishes using soya products?

## ANSWERS FROM:

Scientists of the U. S. Department  
of Agriculture and food distribu-  
tion officials

--oo0oo--



Today's questions have been selected from recent mail because they are all about using soybeans. The answers are from various scientists of the U.S. Department of Agriculture and food distribution officials. The writer of the first letter says she has noticed a number of unfamiliar soya products on the grocery shelves lately---particularly soya flour and grits, ready-to-use pancake and muffin mixes, and flour pastes like noodles and spaghetti containing soya flour. She says:

"I have never used any of these soya products before. Is there any particular advantage in trying them?"

Well the food distribution officials mention several advantages in trying soya products, one of these advantages is that when you add soya flour or soya grits to other ingredients in a suitable recipe, you increase the protein value of the dish. The soya products are inexpensive, so if you use them in place of part of some more expensive food, such as meat, cheese, or eggs, you hold down food costs, without lowering the nutritive value. Another advantage is in serving something new, for a change. Most families like variety in their meals, and most homemakers are interested in experimenting with new foods.

Soybean products contain protein of excellent quality, so you can use them to supplement scanty supplies of meat and keep the family diet about the same in food value as it used to be, and you can also add these products to a good many other foods to increase the amount of protein in the menus.



The next letter asks still more about the new soya products. "What is the difference between 'full-fat' and 'low-fat' soya flour?"

When soybeans are made into flour or grits, some of the oil may or may not be extracted. The first step in either case is to remove the hulls from the beans. Then the soybeans are treated with heat to remove the taste of the raw beans, and this process also improves the nutritive value of the protein and the keeping quality of the flour.

If the soybeans are ground up directly after the heat treatment, without extracting the oil, the flour is "full-fat." If the oil is extracted by crushing the beans, and the press cake that is left is then ground up, the flour is "low-fat." Soya grits are made in the same way, but they are ground more coarsely than the flour.

Now we come to a letter asking whether soybean flour or grits changes the flavor of the food made with it.

The answer is very slightly, if at all. After testing the soya products in cooking the scientists say. Any change in flavor is on the agreeable side. The new taste is often described as "nutlike." Baked foods containing soya flour or grits brown more quickly than usual. Soya biscuits, split and toasted for reheating, are especially good-flavored. Fried foods like soya-sausage, fried mush, or potato cakes, will have a crisper crust when they contain some soya flour or grits.

Soya flour won't take the place of wheat flour in thickening a sauce or gravy, though either adds a pleasant flavor. The soya products don't have the starch or gluten needed for thickening. You can't use soya flour as the only flour in making bread, for the same reason---it lacks gluten. But when you use up to one-fifth soya flour and the rest wheat flour, you get a very good loaf of bread with a fine flavor, a nicely browned crust, and more protein value.

Another homemaker wants to know how to use soya flour and grits in main dishes.



You'll find many recipes on or in the package of soya flour or grits, as it comes to you from the grocer. But generally speaking, you can use 20 or 25 per-cent of soya in place of about that much meat or other main dish material. For example, in soya-meat balls, use half a pound of ground beef and one-fourth of a cup of soya grits soaked in a fourth-cup of water, in place of all meat. In an omelet usually made with six eggs, use one-fourth of a cup of soya grits and an equal quantity of water, and four eggs.

As you listen to these questions on the new soya products, you may wonder where you could get them. And the answer is---almost everywhere. They are very widely distributed now. True you may not find all the different products in your local stores as yet, but it won't be long before you see them. Some of them are sold in practically every part of the United States.

#

