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Chemical and sensory evaluation of tofu from soymilk using salting-out methods

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ABSTRACT:

This study assessed the effect of various locally used coagulants on the proximate and micronutrient composition of tofu drink. The result of the study revealed that alum coagulated tofu had significantly higher moisture (3.32%), ash (5.33%), carbohydrates (31.16%), calcium (164.76 mg), potassium (1301.50 mg), zinc (57.29 mg), sodium (13.18 mg), phosphorus (1285.20 mg) and magnesium (1452.10mg) than those of the other coagulants. Whereas *Zamioculcas zamiifolia* coagulated tofu had significantly higher fat (19.35%), crude fiber (2.31%) and vitamin A (38.24 mg RE), calcium chloride coagulated tofu had significantly higher content of protein (44.74%), iron (16.17 mg) and thiamine (2.08 mg). These results suggested that coagulants modulated the nutrient compositions of the tofu produced though the tofu variants were high in macro and micronutrients irrespective of the coagulants. Out of all the locally used coagulants for tofu production, alum appeared to be the most promising in improving the nutrient content, sensory qualities and had similar general acceptability to the other variants. Alum coagulated tofu can therefore be a good vehicle for alleviating malnutrition among the vulnerable groups.

Keywords:

Composition, Sensory, Evaluation, Tofu, Soymilk, Salting-out, Coagulants.

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