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Soybean

(Continued From Page 20)

Another texturing process, simpler and cheaper than spinning, is called extrusion. It uses the flour, rather than the isolate, as a base. Soy extenders requiring texturing are usually extruded.

After going through one or the other of these methods, soybeans emerge as textured vegetable protein—which can imitate virtually every meat product in existence today and many other foods as well.

ERS researchers point out, however, that while the versatility of soy protein is great, it is not yet the perfect food.

Lacks amino. The meat substitutes may be somewhat lower than beef in one or more amino acids, the building blocks of protein. A better amino acid balance may be obtained by adding amino acids from other sources, mixing with other vegetable proteins, or mixing with meat or other animal products. For most of the U.S. population, soy proteins could replace some meat and there would still be sufficient proteins in the diet from animal sources.

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ERS experts see more of our meat needs being met this way. They predict that by 1980 as much as 20 percent of all processed meat items could be made of vegetable protein.

The big push may well be toward soy extenders.

Cheap and efficient. These extenders are low in cost and can be added to processed meat products. Not only are they less than half the price of meat; they also reduce cooking losses because the soy product absorbs the water and fat that cook out of meat.

In 1971, USDA permitted the use of up to 30 percent soy extenders to meet the protein requirements of some school lunches. The extenders are also showing up in more restaurant and institution meals.

When it comes to the analogs, however, it's a different story.

Few meatless meats. Through such prestigious schools as Yale University have been experimenting with meat substitutes made from soybeans in their cafeterias, ERS projections to 1980 don't hold much promise that they will replace meat.

While close to the flavor of the meats they imitate, these analogs are priced at about the same level as meat. Soybean hot dogs, for example, go for approximately \$.84 for a can of 10, or only slightly less than what you would pay if you bought the real thing.

Another hurdle is acceptance: It took margarine a long time to make substantial inroads into the butter market. And the habit of including meat in every meal is a difficult one to

Lancaster Farming, Saturday, Mar. 2, 1974—21 change.

Still, as meat becomes more scarce, and the price goes up, consumers will look

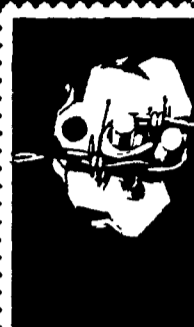
around for ways to offset this increase. And the longer they look at the soybean, the more they could grow to like it.

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