

Fermentation Characteristics and Quality of Soy Kefir added with Fructose and Fruit Extracts

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The objectives of this study were to characterize the quality of soy kefir made with soymilk in combination with fructose and one of the extracts from citron, mango, and wildberry with differently adjusted amounts as defendant variables. The optimum fermentation time(18 hrs)and temperature (23 °C)were previously chosen based on the preliminary fermentation studies with soy kefir in comparison with milk one. The additional supplementation of fruit extracts resulted in the decrease of pH values while viscosity values were increased. The introduction of fruit extracts also resulted in the Hunter colorimetric values of decrease in L (lightness), increase in a (redness), and either decrease (in citron) or increases (in wildberry and mango) in b (yellowness). Finally, the sensory evaluation results indicated that the fermenting for 18 hrs with 25% citron- or mango extracts with 4% fructose concentration and that with 20% wildberry extract with 6% fructose were the most appropriate for the preparation of soy kefir.

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