

GUIDE FOR
THE FOODSERVICE
PROFESSIONAL

The Power of Soy

Versatile, Healthy, Affordable







No matter the dish or product you're creating, soy adds variety, healthfulness and consumer appeal — at a competitive price.

From soybean oil to edamame, soy is one of the most versatile and convenient ingredients in the kitchen. It's no wonder world class chefs are putting soy on the menu. Reap the benefits of soy today!

Your Soy Resource:

The United Soybean Board is proud to provide the food industry with versatile, healthy and affordable soybeans – for soybean oil and soyfoods. The Board is comprised of 68 U.S. farmers who oversee soybean checkoff investments. USB is committed to developing superior soybean products and helping sustain an increasing population.

The Easy, Affordable Oil

Great-tasting food is easy with soybean oil. Soybean oil's light, golden appearance and neutral flavor make it a flexible ingredient for many types of cooking.

- Allow the full flavors of other ingredients to stand out
 - soybean oil contains virtually no flavor or aroma
- Flawlessly replace higher saturated oil in sautés and stir-fries
- Quickly fry foods – soybean oil's smoking point is 440°F
- Soybean oil has a strong emulsifying ability
- Soybean oil is extremely stable, available with active oxygen method (AOM) levels ranging from 15 to over 300 hours

Check your pantry. Most “vegetable oil” is soybean oil. Just read the ingredient label to be sure.

Nutritionally Balanced

Liquid soybean oil is among the healthiest of all edible oils and has a very favorable fatty acid profile. It is low in saturated fat, high in polyunsaturated fat and contains monounsaturated fat.

Your customers rank soybean oil a top three healthy cooking oil.



COOKING WITH SOYBEAN OIL

Add Variety to Your Menu

Few foods are as versatile as soy. Leading chefs and foodservice operators select soy for its broad appeal and adaptability.



Recipe

Asian Tuna Ceviche with Edamame

#1 of tuna, center cut, no sinew, cut into thin slices

1/2 cup edamame, blanched and shelled

2 bunches of green onions (green parts only) cut into 1" lengths and blanched

Japanese Mustard Dressing (*recipe below*)

Directions: Carefully mix first 3 ingredients listed above. Toss in Japanese Mustard Dressing. Season to taste with salt.

Japanese Mustard Dressing: Combine 1/2 cup rice wine vinegar, 1/4 cup mirin, 2 tablespoons Japanese mustard powder and 3/4 cup white miso. Mix well.

Soybean oil's portion of edible oil consumed in the U.S. ▶

71.3%

FORM	DESCRIPTION	HOW TO USE	SUGGESTED APPLICATIONS
Soybean Oil	All-natural oil with a neutral taste/smell	Bake, fry, sauté	Salad dressings, sauces, marinades
Soybeans Dried, Canned	Mild and sweet flavor, versatile texture	Use in any recipe that calls for beans	Soups, salads, casseroles, hummus, burritos
Soybeans, Green, Edamame	Harvested at peak ripening, sweet flavor, fresh or frozen	Serve in pod or shelled	Appetizers, pastas, salads, spreads, casseroles
Soy Flour	Finely ground roasted soybeans, natural or defatted	Partially use in place of wheat flour; will brown more	Cakes, muffins, brownies, breading
Soy milk	Plain or flavored, refrigerated or shelf stable, full fat to fat-free	Use to add light creaminess	Cakes, pancakes, crêpes, muffins, sauces
Tofu	Curdled soybean milk, regular or silken (creamy), soft to extra-firm, full or reduced fat	Use in fresh or fried cubes or puree for creaminess	Bake, blend, stir-fry, deep fry
Tempeh	Indonesian fermented soybean cake with a nutty flavor	Use in recipes that call for browned, ground proteins	Meatballs, pot-pies, casseroles, pizza toppings, sauces, breakfast sausages, soups
Miso	Aged smooth paste (soybeans, grain, salt, mold culture)	Use in place of anchovy paste, salt or soy sauce	Soups, sauces, dressings, marinades, pâtés
Soy Cheese	Made from soymilk; sliced, grated or creamed	Melt or serve as a snack	Dips, sandwich fillings, casseroles
Soynuts	Whole, dried soybeans, roasted or fried	Add to dishes for a crunchy texture	Salads, appetizers, nut mixes

Taste the Difference: World Flavors

Create flavorful gourmet infused oils with heart-healthy soybean oil. Serve with sliced bread or drizzle over pasta.

Rosemary and Balsamic Infused Soybean Oil:

Heat 1/2 cup soybean oil and six 2-inch sprigs fresh rosemary in small saucepan over low heat for 3 minutes. Remove from heat; cool for 1 hour. Add 1 tbsp balsamic vinegar and 1/4 tsp sea salt. Serve immediately or refrigerate. Makes 1/2 cup.

What is Soybean Oil?

Soybean oil is a natural oil extracted from whole soybeans.



Tofu, with its neutral flavor and porous structure, is perfect for marinating with a world of flavors.

Marinating Tofu

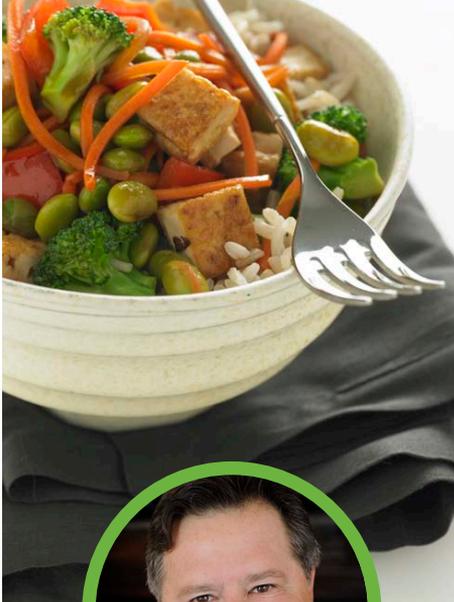
Tip: Blend hot chilies, fresh garlic, ginger, lemongrass and coconut milk for a Southeast Asian marinade.

Tip: Blend curry powder, cumin, fresh garlic, onions and black pepper in soybean oil for an Indian marinade.

How To Cook With Tofu

Tip: For use with firm or extra firm tofu: Drain, then slice or cube the tofu. Blot with toweling. Sear/fry until golden. Pour the marinade into the pan, cook until reduced to a glaze.

Tip: For use with silken or soft tofu: Simmer or steep tofu in salted boiling water briefly before cooking with it, for firmer texture and flavor from the sea salt.



“My secret to outstanding tofu is starting from scratch.”

*Chef Norman Van Aken,
Norman’s, the Ritz Carlton,
Orlando*

Meeting the World's Health & Hunger Needs



An issue your customers care about — why you can feel good about U.S. soybeans.

A growing world population is leaving millions hungry. At the same time, expanding incomes in other parts of the world has placed a greater demand on the food supply. The United Nations has challenged industrialized nations to increase food production by 50% by the year 2030 to “avoid a global catastrophe.” Soybean farmers are committed to meeting the food demand of present and future populations, while being stewards of the environment.

All 3 soybean production systems – conventional, biotech, organic – can be environmentally sustainable. However, biotech crops produce significantly more food with less environmental impact. U.S. farmers have already improved the vast majority of soybean acres with biotech varieties.

And, scientists are adding new traits to crops that will result in superior nutrition from less saturated and trans fats to increased omega-3s.



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BY THE UNITED SOYBEAN BOARD



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