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Cooking Time of Cowpea Beans (*Vigna unguiculata* L) Before and After Soaking

Elenilda de Jesus^a, Lucia Maria Jaeger de Carvalho^a, Maurisrael Rocha^c, Marilia R. Nutti^b, José Luiz Viana de Carvalho^b.

^a Rio de Janeiro Federal University – Pharmacy Faculty – Food and Natural Products Department, Rio de Janeiro, Brazil, ^b Embrapa Food Technology, Rio de Janeiro, Brazil, ^c Embrapa Mid-North, Teresina, Brazil

Abstract. Legumes play an important role in human nutrition, especially among low-income human groups in developing countries. Beans are particularly important in Brazil for two reasons: Brazil is the largest producer and consumer of grain legumes in the world and the fact that beans are a major source of protein for many people. For home cooking, the raw and washed beans are soaked in water for 12 to 16 hours (overnight) and cooked in the soaking water. Such procedure is suggested by the Brazilian Bean Cultivar Registry to determine Cultivar Value and Use (CVU), according to SNPC-MAPA (Ruling no. 294/98 – Annex IV) and even based on everyday experience, as to its effect on cooking time. The aim of this study was to evaluate the cooking time of two cowpea beans (*Vigna unguiculata* L) cultivars before and after soaking. The following cultivars developed by Embrapa Mid-North, Teresina, Brazil, obtained from the same area and planting time were used: BRS Tumucumaque and BRS Guariba. The cultivar BRS Tumucumaque presented the best cooking time (13.6 min.) after soaking compared to BRS Guariba (16.3 min.). On the other hand, BRS Guariba cultivar revealed the best cooking time when cooked without previous soaking (23.3 min.) compared with BRS Tumucumaque (29 min.).

Keywords: Cowpea bean, cooking time, soaking.

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