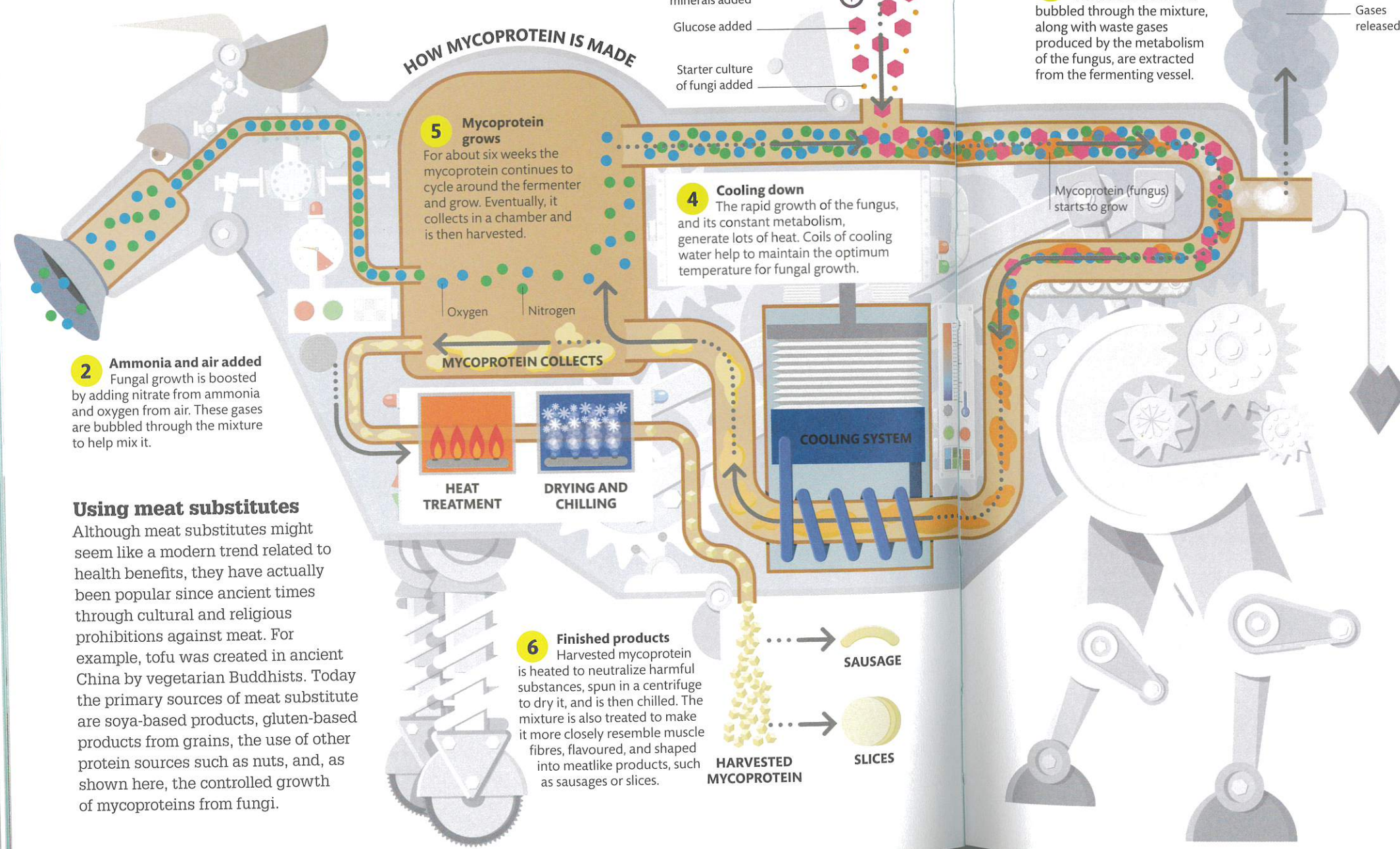




Meat substitutes

Consumers prize meat for its flavour, texture, and nutritional value, but many are concerned by the negative health, environmental, and ethical impacts of meat consumption and production. One solution to these problems is the use of increasingly popular meat substitutes.



Using meat substitutes

Although meat substitutes might seem like a modern trend related to health benefits, they have actually been popular since ancient times through cultural and religious prohibitions against meat. For example, tofu was created in ancient China by vegetarian Buddhists. Today the primary sources of meat substitute are soya-based products, gluten-based products from grains, the use of other protein sources such as nuts, and, as shown here, the controlled growth of mycoproteins from fungi.

IN 10TH CENTURY CHINA, TOFU WAS COMMONLY KNOWN AS "SMALL MUTTON"

Versatility of soya

Soya is rich in proteins and oils, which makes it an extremely useful base for meat substitutes. Fermenting the soya releases its rich cargo of nutrients and these can then be processed in similar fashion to milk and dairy products. Many different soya products have been developed.

