



# Proximate and Sensory Evaluation of Fermented Seasonings from Soybean and Fluted Pumpkin Seeds

Donald I. Ifediba<sup>1\*</sup> and Helen I. Egbuna<sup>2</sup>

<sup>1</sup>Department of Agricultural Technology and Processing, Anambra State Polytechnic, P.M.B. 002, Mgbakwu, Anambra State, Nigeria.

<sup>2</sup>Department of Nutrition and Dietetics, Anambra State Polytechnic, P.M.B. 002, Mgbakwu, Anambra State, Nigeria.

## Authors' contributions

This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.

## Article Information

DOI: 10.9734/AFSJ/2020/v14i230126

### Editor(s):

(1) Dr. Massimiliano Rinaldi, Professor, Department of Food and Drug, Università Degli Studi Di Parma, Viale delle Scienze 47/A, 43124 PARMA, Italy.

### Reviewers:

(1) Tabe Franklin Nyenty, University of Yaounde, Cameroon.  
(2) Ningappa. M. Rolli, India.

Complete Peer review History: <http://www.sdiarticle4.com/review-history/54044>

Original Research Article

Received 04 January 2020  
Accepted 07 February 2020  
Published 13 February 2020

## ABSTRACT

Specialty condiment (*ogiri*) was produced from seeds of soybean (*Glycine max*) and fluted pumpkin (*Telfairia occidentalis*) by spontaneous moist solid substrate fermentation of their pre-processed mash. The two samples coded FSBM and FFPM respectively were evaluated for nutritional quality. Effects of fermentation on proximate values of the seeds were also analyzed. The two samples were further subjected to sensory analysis using commercial brand made from castor bean (*Ricinus communis*) seeds coded FCBM as a control. Results show that FFPM was significantly ( $p < 0.05$ ) higher in ash, crude fiber and protein, but significantly lower in moisture and fat than the FSBM. There was no significant ( $p > 0.05$ ) difference in carbohydrate content of the two samples. The FFPM recorded significant ( $p < 0.05$ ) increase in crude fiber, fat and protein, and significant ( $p < 0.05$ ) decrease in moisture, ash and carbohydrate compared to the values in the fluted pumpkin seeds. The FSBM recorded significant ( $p < 0.05$ ) rise in fat and protein, but significant drop in moisture, ash, crude fiber and carbohydrate compared to the values in soybean seeds. Sensory results show that FFPM was significantly ( $p < 0.05$ ) higher than FSBM in flavor and

\*Corresponding author: Email: ifedibad@gmail.com;

marginally ( $p > 0.05$ ) different in color, texture, taste and general acceptability. Baring the marginal ( $p < 0.05$ ) superiority in taste, the FCBM was significantly ( $p < 0.05$ ) lower in every other attributes considered. It follows that good quality fermented condiments can be obtained from cheaper and underutilized oil seeds.

**Keywords:** Fermentation; nutritional; oil seeds; quality; seasoning; sensory.

## 1. INTRODUCTION

Fermentation is a biochemical conversion of food materials to desirable products by the action of specific microorganisms or enzymes, either by natural (spontaneous) or controlled process. Positive attributes of food fermentation include longer keeping quality, variety in flavor, enhanced nutritional value due to removal of anti-nutrients and decreased toxicity leading to safe consumption of inedible foods.

Fermented foods constitute a significant component of African diets, some as staple foods; while others include weaning foods and condiments. As such they play an important role in the diets in tropical developing countries [1]. Fermented foods contribute significantly to food culture across the globe, providing varietal supply of massive food or condiments. Preserving by fermentation not only made food available for future use, but more digestible and flavorful [2]. Several animal and plant materials are fermented for various purposes. Plant seeds rich in protein and oil are fermented to make seasonings that enhance the flavor of foods including soups, sauces. Often such seeds are inedible in their unfermented state since they contain toxic or anti-nutritional factors [3]. Such seasonings include *iru*, *ogiri*, *ugba* and *okpenye*, which are fermented products of African locust bean, melon or castor oil seeds, oil bean seeds and seeds of *Prosopis africana* respectively [4,5].

Fermentation of oil seeds to produce condiments for soups and other delicacies is a common practice in the sub-Saharan Africa. Among the Igbo people of Nigeria, African oil bean (*Pentaclethra macrophylla*, Benth) is fermented to *ugba* or *ukpaka*, castor bean (*Ricinus communis*) is fermented to *ogiri ugba*, while melon seeds (*Citrullus vulgaris*) are fermented to *ogiri egwusi*. *Ogiri Igbo*, which is the common name for the two varieties, is used as an irreplaceable spice in local soups that employs cocoyam mash as a major thickening agent. It also finds application in other native delicacies. Production of *ogiri* from fermented castor bean

seeds and melon seeds have been reported by Onawole et al. [5] and Egwim et al. [2].

Traditionally *ogiri* production is a moist solid substrate fermentation of preprocessed leguminous seeds by natural action of mixed cultures under largely anaerobic conditions. Flavor is considered a quality index of fermented oil seeds and plays a role in consumer acceptability. Differences in flavor range and intensities may vary due to various compounds produced by fermenting population [6,7]. It will be added that the nature and chemical composition of the oil seed may be contributory factors. Methyl esters of fatty acids which are predominant aroma compounds produced enzymatically during fermentation by the methanolysis of acetyl-CoA that is forming during fatty acid synthesis are reported to be responsible for quality sensory properties of various fermented foods [8].

Although *ogiri*, like other fermented oil seeds, is used to impart peculiar aroma and taste in some local delicacies, it confers improved nutritional quality. Oboh [9] evaluated the nutritional and sensory qualities of condiments produced from some underutilized legumes in Nigeria such as soybean (*Glycine max*), African locust bean (*Parkia biglobosa*) and pigeon pea (*Cajanus cajan*) which were subjected to solid substrate fermentation with recorded positive impact. Ifediba et al. [10] Reported appreciable increase in nutritional properties of African breadfruit-corn fermented beverages. Enhanced nutritional value of fermented plant seeds, among other positive attributes have been reported by Okpara and Ugwuanyi [3].

Soybean seeds are used extensively in the production of vegetable oil, soymilk, sprung protein, animal feed, among other applications. Fluted pumpkin seeds are generally reserved for planting purposes, since only the green leafy portion is consumed as vegetable. Yet like other legumes the seeds abound in plant proteins and oil that can be fermented into highly flavored seasoning of the nature obtainable from castor bean and melon seeds. In the face of a dwindling supply of castor bean and an upsurge in price of

melon seeds, production of *ogiri* from cheaper source has become an imperative. Against this backdrop, the use of soybean and fluted pumpkin seeds for *ogiri* production deserves empirical studies.

## 2. MATERIALS AND METHODS

### 2.1 Source of Materials

Two pod heads of fluted pumpkin (*Telfairia occidentalis*) and 1 kg of soybean (*Glycine max*) were purchased from Eke Awka Market in the capital city of Anambra State, Nigeria.

### 2.2 Preparation of Raw Materials

#### 2.2.1 Fluted pumpkin seeds

The pod heads were cut in half using machete and the seeds were manually recovered from the fresh fleshy pulp. The adhering pulp was removed by brushing with fine sea sand and washing in excess volume of water. The clean seeds were hulled and the outer cover removed before they were diced for further processing.

#### 2.2.2 Soybean seeds

The 1 kg soybean seeds were sorted to remove all refractions before washing in excess volume of water to further remove unwholesome beans. The beans were soaked for 12 h, hulled and washed to obtain clean seeds which were reserved for further processing.

### 2.3 Production of Fermented Mash (*ogiri*)

#### 2.3.1 Production of fermented fluted pumpkin mash (*ogiri ugu*)

The prepared seeds were boiled at  $100 \pm 2^\circ\text{C}$  for 1h over electric stove, drained in a basket and allowed to cool before wrapping in banana (*Musa sapientum*) leaves that were previously washed and blanched over flaming fire. The wrapped seeds were left to ferment at ambient temperature ( $30 \pm 2^\circ\text{C}$ ) in the sun light for initial five (5) days. This was unwrapped and mashed in a disc attrition mill. The moist mash was divided into ten equal portions and wrapped separately in blanched banana leaves and left to ferment for another two (2) days under similar conditions. The warmth from the sun is intended to aid solid state fermentation by chance inoculation. The fermented condiment was stored at room temperature ( $28 \pm 2^\circ\text{C}$ ) for immediate use. The sample was coded FFPM.

### 2.3.2 Production of fermented soybean mash

The prepared soybean seeds were boiled over electric stove for 1 h at  $100 \pm 2^\circ\text{C}$ , drained and left to cool in a basket. The seeds were wrapped in blanched banana leaves and left to ferment for five (5) days at ambient temperature ( $30 \pm 2^\circ\text{C}$ ) as before. At the end of the initial fermentation the seeds were unwrapped and reduced to mash in a disc attrition mill. The moist mash was divided into ten equal portions and wrapped in banana leaves as before. The wraps were further subjected to two (2) days fermentation under similar conditions. The fermented condiment was stored at room temperature ( $28 \pm 2^\circ\text{C}$ ) for immediate use. The sample was coded FSBM.

### 2.4 Procurement of fermented castor bean mash (*ogiri ugba*)

A freshly prepared commercial brand from castor bean was procured from a local producer reputed for high quality products. The sample was coded FCBM to serve as a control.

### 2.5 Proximate Analysis

The proximate composition of moisture, ash, crude fiber, fat, protein and carbohydrate were determined according to the method of analysis described by the Association of Official and Analytical Chemists [11].

#### 2.5.1 Moisture content

Petri dish were washed and dried in the oven.

Exactly 2 g of the sample was weighed into each Petri-dish and the weight of the Petri dish and sample were noted before drying.

The Petri dish and sample were put in the oven and heated at  $100^\circ\text{C}$  for 1 h. The result was noted and was heated another 1 h until a steady result is obtained and the weight was noted.

$$\% \text{ Moisture content} = \frac{W_1 - W_2}{\text{Weight of sample}} \times 100$$

Where,

$W_1$  = weight of Petri dish and sample before drying.

$W_2$  = weight of Petri dish and sample after drying.

#### 2.5.2 Ash content

Empty platinum crucibles were washed, dried and the weights were noted. Exactly 2 g of wet

sample was weighed into each platinum crucible and placed in a muffle furnace at 500°C for 3 h. The samples were cooled in desiccators after burning and weighed.

Calculations:

$$\% \text{ Ash content} = \frac{W_3 - W_1}{W_2 - W_1} \times 100$$

Where,

W1 = Weight of empty platinum crucible.

W2 = Weight of platinum crucible and sample before burning.

W3 = Weight of platinum and ash.

### 2.5.3 Crude fiber

Exactly 2 g was weighed in a beaker and boiled for 30 min with 200 ml of a solution containing 1.25 g of carbonate free NaOH per 100 ml. The final residue was filtered through a thin but close pad of washed and ignited asbestos in a Gooch crucible. This was subsequently dried in an electric oven and weighed. It was afterwards incinerated, cooled and reweighed. The loss in weight after incineration is the weight of the fiber.

$$\% \text{ Crude fiber} = \frac{\text{weight of fiber}}{\text{weight of sample}} \times 100$$

### 2.5.4 Crude fat

Sox let Fat Extraction Method was used.

Approximately 250 ml clean boiling flask was dried in oven at 105 to 110°C for about 30 min. This was transferred into desiccators and allowed to cool. Correspondingly labeled boiling flasks were weighed.

The boiling flasks were filled with about 200 ml of petroleum ether (boiling point 40 to 60°C). Approximately 2 g of sample was placed in an extraction thimble and was plugged lightly with cotton wool. The sox let apparatus was assembled and allowed to reflux for about 6 h. The thimble was removed with care and petroleum ether in the top container of the set-up was collected and drained into a container for re-use.

When the flask was almost free of petroleum ether it was removed and dried at 105 to 110°C for 1 h. This was transferred from the oven into desiccators and allowed to cool; then weighed.

The weight so obtained was expressed as a percentage of the 2 g sample used.

### 2.5.5 Crude protein

Principle: The method is the digestion of sample with hot concentrated sulphuric acid in the presence of a metallic catalyst. Organic nitrogen in the sample is reduced to ammonia. This is retained in the solution as ammonium sulphate. The solution is made alkaline, and then distilled to release the ammonia. The ammonia is trapped in dilute acid and then titrated.

Exactly 2 g of sample was weighed into a 300 ml kjehdal flask (gently to prevent the sample from touching the surface and 20 ml concentrated sulphuric acid was added. The flask was held in a stopper and shaken. Then 0.5 g of the Kjeldahl catalyst mixture was added. The mixture was heated cautiously in a digestion rack under fire until a clear solution appeared.

The clear solution was then allowed to stand for 30 min to cool. After cooling about 100 ml of distilled water was added to avoid caking and then 50 ml was transferred to the Kjeldahl distillation apparatus.

A 100 ml receiver flask containing 5 ml of 2% boric acid and indicator mixture containing 5 drops of Bromocresol blue and 1 drop of Methylene blue was placed under a condenser of the distillation apparatus so that the tap was about 20 cm inside the solution. About 5 ml of 40% sodium hydroxide was added to the digested sample in the apparatus and distillation commenced immediately until 50 drops gets into the receiver flask, after which it was titrated to pink colour using 0.01 N hydrochloric acid.

Calculations:

$$\% \text{ Nitrogen} = \text{Titre value} \times 0.01 \times 14 \times 4$$

$$\% \text{ Protein} = \% \text{ Nitrogen} \times 6.25$$

### 2.5.6 Carbohydrate determination

The percentage carbohydrate was determined by differential method

$$100 - (\% \text{ Protein} + \% \text{ Moisture} + \% \text{ Ash} + \% \text{ Fat} + \% \text{ Fiber})$$

## 2.6 Sensory Evaluation

The method described by Iwe [12] was employed. The analysis was carried out in the Food Laboratory facility of the Nutrition and Dietetics Department, Anambra State Polytechnic, Mgbakwu. The facility consists of a kitchen, store and a Test panel room.

The three samples, namely FFPM, FSBM and FCBM were used to prepare bitter leaf soup, which is the most popular application of such condiment. The same quantity of each variety was added to each pot of soup, using common recipe and method of cooking. The three soup samples were maintained at warm conditions in similar thermo flasks prior to use.

Sensory evaluation was conducted using fourteen (14) member of panel consisting of seven (7) males and seven (7) females drawn from the polytechnic community on the basis of their familiarity with bitter leaf soup. The three soup samples were coded A, B and C in order to conceal their identities. They were presented in a similar form to the fourteen (14) panel member who were required to rate them for color, taste, texture, flavor and general acceptability on a 9-point Hedonic scale where 1= dislikes extremely and 9= like extremely. Each panelist was provided with warm potable water to rinse the mouth between sample testing. Adequate privacy was maintained and order of presentation varied to avoid bias judgment. The scores obtained were collated for further analysis.

## 2.7 Statistical Analysis

Means of triplicate results of proximate analysis were subjected to T-Test and difference between means evaluated at  $p < 0.05$  for two tailed test. Means of scores for sensory attributes were subjected to one way analysis of variance (ANOVA) and difference between means evaluated at  $p < 0.05$  using Turkey's Test.

## 3. RESULTS AND DISCUSSION

### 3.1 Proximate Values

From Table 1 the moisture content of the unfermented fluted pumpkin seeds (UFPS) significantly ( $p < 0.05$ ) decreased from 6.11 to 2.60% in the fermented mash (FFPM). A similar result was obtained in Table 2, where the moisture content of unfermented soybean seeds (USBS) recorded significant ( $p < 0.05$ ) decrease from 10.77 to 9.20% in the fermented mash (FSBM). Unlike reported increase in moisture in fermented starchy substrates [13,14] arising from liquefaction, saccharification and isomerization, a marginal decrease in moisture in protein rich substrates was reported by Ifediba et al. [10] which was attributed to proteolysis by lactic acid bacteria. The significant drop in moisture in this case may be due to losses to sunrays and possible adsorption in the banana leaf wrapper.

Tables 1 and 2 both indicate significant ( $p < 0.05$ ) drop in ash from 8.52% in FFPS to 5.905% in FFPM, and from 3.16% in USBS to 0.88% in FSBM. The decrease contradicted the reported increase in ash in fermented garri by Irtwange and Achimba [14] but in accord with the reported decrease in ash by Adebayo [15] and Ifediba et al. [10] for soaked lima beans and fermented African breadfruit-corn milk respectively. The significant decrease in the fermented mashes may be attributed to high mineral demand of the mixed culture typical of natural fermentation.

There was significant increase in crude fiber from 3.63% in UFPS to 4.91% in FFPM, as opposed to the significant ( $p < 0.05$ ) drop from 2.66% in USBS to 1.31% in FSBM. There has been conflicting reports on variations in crude fiber in fermented foods. Whereas decrease in fiber has been reported [16,17,10], increase in fiber has been variously reported by Irtwange and Achimba [14] and Adebayo [15]. Thus the trend remains uncertain, but may relate to nature of fiber, micro flora and fermenting conditions.

The fat content of UFPS significantly ( $p < 0.05$ ) increased from 1.41 to 7.20% in FFPM, which is similar to the significant increase from 15.20 in USBS to 18.87% in FSBM. Diverse trend in change of fat content during fermentation have been reported by several researchers. Ene-Obong [18] Observed an increase in fat content after 12 h soaking of sorghum, while [17] reported an increase in crude fat content in Quality protein maize and soy blend for 24 h and 48 h using natural and controlled fermentation. On the contrary, Adebayo [15] reported a decrease in crude fat in lima beans after 12h soaking and Ifediba et al. [10] recorded a marginal decrease in fermented African breadfruit-corn milk. However, the significant increase in fat in the fermented mashes in the present case may be attributed to lipase activities resulting in accelerated release of free fatty acids.

There was significant ( $p < 0.05$ ) increase in protein from 60.15% in UFPS to 70.20% in FFPM. There was similar increase in protein from 49.28% in USBS to 61.09% in FSBM. Protein increase in fermented products have been previously reported by researchers as in the fermentation of African oil beans [19,20], in fermented African breadfruit seeds [21], in quality protein maize and soy blends [17] and in fermented African breadfruit-corn milk [10,22] However observed that fermentation process

does not significantly change the total protein content and amino acid composition of substrate. The recorded increase may be due to proteolyses induced by enzymatic and biochemical actions of the fermenting culture. Egwim et al. [2] Recorded a general increase in concentration of amino acids during the production of condiments (*dawadawa*, *ogiri*, *ugba*) as fermentation day increases, which was attributed to effect of protease enzyme, resulting in hydrolysis of protein molecules to smaller units such as amino acids.

There was significant ( $p < 0.05$ ) decrease in carbohydrate from 20.18% in UFPS to 9.19% in FFPM and from 18.93% in USBS to 8.65% in FSBM. The reduction in carbohydrate may be due to enzymatic hydrolysis of starch during fermentation. Carmago et al. [23] reported that

the organic acids and amylase released by the microorganisms degrade starch granules, leading to carbohydrate decrease. Egwim et al. [2] reported increase in reducing sugars up to day five of fermentation due to hydrolysis of carbohydrate in the presence of certain enzymes, such as amylases and galactases.

From Table 3 the FSBM was significantly ( $P < 0.05$ ) higher in moisture with a value of 9.20% compared to the 2.60% of FFPM. The lower moisture in FFPM may be due to the lower occurrence in the fluted pumpkin seeds compared to the soybean seeds. The extent of liquefaction of the carbohydrate fractions in the two seeds, in addition to nature of glycosides may also be contributory factors. The lower moisture in FFPM entails better keeping quality.

**Table 1. Proximate values of fruited pumpkin seeds and fermented mash**

Samples	Moisture	Ash	Crude fiber	Fat	Protein	Carbohydrate
FFPM	2.60±0.01 <sup>b</sup>	5.90±0.02 <sup>b</sup>	4.91±0.01 <sup>a</sup>	7.20±0.02 <sup>a</sup>	70.20±0.02 <sup>a</sup>	9.19±0.03 <sup>b</sup>
UFPS	6.11±0.01 <sup>a</sup>	8.52±0.02 <sup>a</sup>	3.63±0.02 <sup>b</sup>	1.41±0.01 <sup>b</sup>	60.15±0.01 <sup>b</sup>	20.18±0.02 <sup>a</sup>

Means within a column followed by different superscripts are significantly ( $p < 0.05$ ) different, FFPM= Fermented fluted pumpkin mash, UFPS= Unfermented fluted pumpkin seeds

**Table 2. Proximate values of soybean seeds and fermented mash**

Samples	Moisture	Ash	Crude fiber	Fat	Protein	Carbohydrate
FSBM	9.20±0.10 <sup>b</sup>	0.88±0.11 <sup>b</sup>	1.31±0.01 <sup>b</sup>	18.87±0.26 <sup>a</sup>	61.09±0.07 <sup>a</sup>	8.65±0.54 <sup>b</sup>
USBS	10.77±0.09 <sup>a</sup>	3.16±0.05 <sup>a</sup>	2.66±0.04 <sup>a</sup>	15.20±0.14 <sup>b</sup>	49.28±0.14 <sup>b</sup>	18.93±0.05 <sup>a</sup>

Means within a column followed by different superscripts are significantly ( $p < 0.05$ ) different, FSBM= Fermented soybean mash, USBS= Unfermented soybean seeds

**Table 3. Proximate values of fermented soybean mash and fermented fluted pumpkin mash**

Samples	Moisture	Ash	Crude fiber	Fat	Protein	Carbohydrate
FSBM	9.20±0.10 <sup>b</sup>	0.88±0.11 <sup>b</sup>	1.31±0.01 <sup>b</sup>	18.87±0.26 <sup>a</sup>	61.09±0.07 <sup>a</sup>	8.65±0.54 <sup>b</sup>
FFPM	2.60±0.01 <sup>b</sup>	5.90±0.02 <sup>b</sup>	4.91±0.01 <sup>a</sup>	7.20±0.02 <sup>a</sup>	70.20±0.02 <sup>a</sup>	9.19±0.03 <sup>b</sup>

Means within a column followed by different superscripts are significantly ( $p < 0.05$ ) different, FSBM= Fermented soybean mash, FFPM= Fermented fluted pumpkin mash

**Table 4. Sensory scores of fermented castor bean, soybean and fluted pumpkin mashes**

Samples	Color	Texture	Flavor	Taste	Gen. acceptability
FFPM	7.93±1.10 <sup>a</sup>	8.10±0.94 <sup>a</sup>	7.93±1.28 <sup>a</sup>	7.71±1.38 <sup>a</sup>	8.00±1.25 <sup>a</sup>
FSBM	7.86±0.99 <sup>a</sup>	8.14±0.74 <sup>a</sup>	7.00±1.31 <sup>b</sup>	7.43±1.35 <sup>a</sup>	7.71±1.03 <sup>a</sup>
FCBM	7.14±1.30 <sup>b</sup>	6.79±1.52 <sup>b</sup>	7.00±1.36 <sup>b</sup>	7.36±1.23 <sup>a</sup>	6.79±1.37 <sup>b</sup>
LSD	0.39	0.46	0.53	-	0.84

Means within a column followed by different superscripts are significantly ( $p < 0.05$ ) different, FFPM= Fermented fluted pumpkin mash, FSBM= Fermented soybean mash, FCBM= Fermented castor bean mash

The FFPM was significantly ( $p < 0.05$ ) higher in ash with a value of 5.90% compared to the 0.88% in FSBM. The higher ash in FFPM may derive from the preponderance in the pumpkin seed compared to the soybean seed. High ash deposit correlates high mineral spread in food materials [24], which may imply that the fluted pumpkin seed is richer in mineral than the soybean seed.

The 4.91% crude fiber in FFPM was significantly higher than the 1.13% in FSBM. This follows the level of crude fiber presence in the raw seed. Thus the more fibrous nature of the pumpkin seed may be responsible for the higher value in the fermented mash.

The FSBM was significantly ( $p < 0.05$ ) higher in fat with a record value of 18.87% compared to the 7.20% in FFPM. The higher fat in FSBM is expected since the soybean seed far exceeded the pumpkin seed in fat reserve.

The 70.20% protein in FFPM was significantly ( $p < 0.05$ ) higher than the 61.09% in FSBM. Again this followed the trend in the respective seeds which resulted in commensurate increase in the fermented mash.

There was no significant ( $p > 0.05$ ) difference in the 8.65% carbohydrate in FSBM in relation to the 9.19% in FFPM. This reflects the relative values in the two seeds which proportionately decreased after fermentation.

### 3.2 Sensory

The values in Table 4 show that the 7.93 color score of FFPM was marginally ( $p > 0.05$ ) higher than the 7.86 of the FSBM; which were significantly ( $p < 0.05$ ) higher than the 7.14 of FCBM. The brighter colors of fluted pumpkin and soybean seeds may be responsible for the superior color of their fermented mash, which may have impacted positively on the appearance of the soup.

The 8.14 texture score of FSBM was marginally ( $p > 0.05$ ) higher than the 8.10 of FFPM; which were significantly ( $p < 0.05$ ) higher than the 6.79 of FCBM. The difference may occur as a product of higher fat and less fiber in the condiments, resulting in better mouth feel, which bears influence on texture of liquid and semi-liquid foods.

The 7.93 flavor score of FFPM was significantly higher than the 7.00 of FSBM and FCOM. The

difference in flavor may be due to wide spread of volatile compounds in fermenting mash. Volatile compounds have been shown to be mostly responsible for the aroma of several fermented foods [25,26]. The GC-MS of fermenting seeds revealed a mixture of several volatile aroma compounds, mostly methyl esters of various long chain fatty acids, which changed with time and starter organism [27]. They added that qualitative and quantitative contribution of individual compounds may only be determined following flavor threshold analysis. This validates the dense fatty acid composition of fermented oil bean seeds as reviewed by Ogueke et al. [7]. Although fermented condiments are traditionally odoriferous, offensive rancid flavors may vary partly due to oxidative rancidity of the unsaturated fatty acids in oil seeds, and partly due to hydrolytic rancidity of their moist mashes by lipolytic enzymes from culture organisms. Baring recorded fatty acid profiling of the different seeds; the lower moisture in FFPM (Table 3) may have contributed to the better flavor, since hydrolytic rancidity will be less rapid.

There was no significant ( $p > 0.05$ ) difference in the 7.71, 7.43 and 7.36 taste scores for FFPM, FSBM and FCBM respectively. The high protein content of the three seeds may be responsible for the marginal difference in the taste of their fermented mash. Most condiments used as flavoring agent contain vegetable proteins which are usually rich in glutamine and asparagines, and these can be either enzymatically or chemically hydrolyzed to glutamic acid and aspartic acid by microorganisms. Other products of the hydrolysis are alanine, arginine and proline [28]. This is evident in the review of a verse range of amino acids in fermented oil bean seeds [7], which may positively impact on flavor development.

The general acceptability (8.00) of FFPM was marginally ( $p > 0.05$ ) higher than the 7.71 of FSBM, and both were significantly ( $p < 0.05$ ) higher than the 6.79 of FCBM. The general acceptability scores was a cumulative effect of the other attributes considered.

### 4. CONCLUSION

From the findings, there are prospects that fermented condiment for preparation of local delicacies can be obtained from cheaper and underutilized oil seeds that are substantially rich in vegetable proteins. Process optimization is however required to arrive at products with

improved nutritional and sensory qualities. Also, there is need to do a comprehensive flavor profiling to bridge the knowledge gap in the flavor components of African fermented seasonings.

### COMPETING INTERESTS

Authors have declared that no competing interests exist.

### REFERENCES

- Asagbara AE, Onawola OO, Okeagu MO. Identification of critical control points in some Nigerian fermented foods and seasonings. *World Journal of Innovative Research (WJIR)*. 2019;6(4):55-60.
- Egwim E, Amanabo M, Yahaya A, Bello M. Nigerian indigenous fermented foods: processes and prospects. Open access peer-review chapter; 2013. DOI: 10.5772/52877
- Okpara AN, Ugwuanyi JO. Evolving status of African food seasoning agents produced by fermentation. Chapter 15, *Soft Chemistry and Food Fermentation, Handbook of Food Bioengineering*. 2017; 463-505.
- Kuye A, Sanni LO. Industrialization of fermented food processes: How far in Nigeria? *Journal of Scientific and Industrial Research*. 1999;55:837-843.
- Onawole OO, Asagbra AE, Akinola SO, Olatunji OO. Soluble nutrient production during the fermentation of three melon varieties in the leaves of *Musa spp*, *Thaumatococcus danielli* and *Carica papaya*. *Nigerian Food Journal*. 2011; 29(1):12-18.
- Kabuo NO, Uzuegbu JO, Ubbaonu CN, Onyeka EU. Effect of chemical compounds produced by microorganisms on organoleptic properties of ugba (*Pentaclethra macrophylla* Benth) during fermentation. *Proceedings of the Annual Conference of Nigerian Institute of Food Science and Technology*. Abuja, Nigeria. 2007;175–176. [Google Scholar]
- Ogueke CC, Nwosu JN, Owuamanam CI, Aiwouno JN. Ugba, the fermented African oil bean seeds; its production, chemical composition, preservation, safety and health benefits. *Pakistan Journal of Biological Sciences*. 2010;13: 486-496.
- Perestrelo R, Fernandes A, Albuquerque FF, Marques JC, Câmara JS. Analytical characterization of the aroma of Tinta Negra Mole red wine: Identification of the main odorants compounds. *Analytica Chimica Acta*. 2006;563(1-2):154–164. DOI: 10.1016/j.aca.2005.10.023 CrossRef [Google Scholar]
- Oboh G. Nutrient and anti-nutrient composition of condiments produced from some fermented underutilized legumes. *Journal of Food Biochemistry*. 2006;30: 579-588.
- Ifediba DI, Anyasie LI, Egbuna HI. Effects of lactic acid fermentation on the nutritional quality of African breadfruit-corn beverages. *Journal of Interdisciplinary Biosciences*. 2018;2(2):29-43.
- AOAC. Official methods of analysis 17th edn. Association of Official Analytical Chemists. AOAC International, Arling, VA; 2000.
- Iwe MO. Hand book of sanitary methods and analysis, 2<sup>nd</sup> Edition, Rejoit Communications Services Ltd, Enugu, Nigeria. 2010;43-86.
- Oslen HS. Enzymes in food processing. In: *Biotechnology*. (Eds Rehm HJ, G. Reed). VCM, Weinheim. 1995;9.
- Irtwange SV, Achimba O. (2009). Effect of the duration of fermentation on the quality of gari. *Current Research Journal of Biological Sciences*. 2009;1(3):150-154.
- Adebayo SF. Effect of soaking time on the proximate, mineral compositions and anti-nutritional factors of lima bean. *Food Science and Quality Management*. 2014; 27:1-3.
- Laurena AC, Garcia VC, Mendoza EMT. Effect of soaking in aqueous acidic and alkaline solutions on removal of polyphenols and *in vitro* digestibility of cowpea. *Plant Food for Human Nutrition*. 1986;36:107-118.
- Emire SA, Buta MB. Effects of fermentation on the nutritional quality of quality protein maize and soybean blends for the production of weaning food. *Journal of Process Technology*. 2015;6:507.
- Ene-Obong HN. *Eating right – a nutrition guide*. University of Calabar Press, Calabar, Nigeria. 2001;160.
- Njoku HO, Okemadu CP. Biochemical changes during the natural fermentation of the African oil bean (*Pentaclethra macrophylla*) for the production of Ugba.



- Journal of Science of Food and Agriculture. 1989;49:457-465.
20. Enujiugha VN. Nutrient changes during the fermentation of African oil bean (*Pentaclethra macophylla* Benth) seeds. Pakistan Journal of Nutrition. 2003;2:320-323.
  21. Onweluzo LJC, Nnamuchi OM. Production and evaluation of porridge-type breakfast product from *Treculia africana* and sorghum bicolor flours. Pakistan Journal of Nutrition. 2009;8(6):731-736.
  22. Obasi NE, Wogu CO. Effect of soaking time on proximate and mineral composition and anti-nutritional factors of yellow maize (*Zea mays*). Journal of Food and Nutrition Sciences. 2008;2(5):215-219.
  23. Carmago C, Colomar P, Richard MD. Functional properties of sour cassava (*Manihot utilissima*) starch. Journal of Food and Agriculture. 1988;45(3):273-284.
  24. Olaoye OA, Onilude AA, Oladoye CO. Breadfruit flour in biscuit making; effects on product quality. African Journal of Food Science. 2007;20-23.
  25. Zhao J, Dai X, Liu X, Zhang H, Tang J, Chen W. Comparison of aroma compounds in naturally fermented and inoculated Chinese soybean pastes by GC-MS and GC-Olfactometry analysis. Food Control. 2011;22(6):1008–1013. DOI: 10.1016/j.foodcont.2010.11.023 [CrossRef] [Google Scholar]
  26. Jeleń H, Majcher M, Ginja A, Kuligowski M. Determination of compounds responsible for tempeh aroma. Food Chemistry. 2013;141(1):459–465. DOI:10.1016/j.foodchem.2013.03.047 [PubMed] [CrossRef] [Google Scholar]
  27. Nwokeleme CO, Ugwuanyi JO. Evolution of volatile flavor compounds during fermentation of African oil bean (*Pentaclethra macophylla* Benth) seeds for “Ugba” production. International Journal of Food Science; 2015. DOI: 10.1155/2015/706328.
  28. Obi EI. Production of “ogiri” from soybean using microorganism responsible for fermentation of castor bean seeds “ogiri” (commercial *ogiri*). Food Science and Technology Projects; 2003. Available:unibrary.com/materials/production-of-ogiri-from

© 2020 Ifediba and Egbuna; This is an Open Access article distributed under the terms of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0>), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Peer-review history:

The peer review history for this paper can be accessed here:  
<http://www.sdiarticle4.com/review-history/54044>