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TECHNOLOGY PRODUCTION OF DRIED VITAMINIZED VEGETABLES

Introducing modern technologies for getting vitaminized products is of particular importance in recent years. Enriched dried vegetables are of particular importance. These products have a number of advantages in ease of transportation, storage, relatively low mass and resistance to temperature changes. Today this question is vitally arisen for the nutrition of soldiers who are not always able to receive the necessary ration from fresh raw materials.

The purpose of the research is to maximize the preservation of the ascorbic acid in vegetables during the manufacturing process as well as the additional vitaminizing of the product.

The task of the research includes the estimation of the output vitamin C content in the vegetables and the quantitative changes of this content at every stage of production. It was established that the largest amount of vitamin C (30—40%) is lost when blanching vegetables in water. As most of the solids in vegetables are taken up by carbohydrates, they largely determine palatability and consistence of raw materials and technological features of processing.

Prepared vegetables were cut into slices of different shapes and sizes, then carbohydrates were washed from the surface and subjected to brief water blanching at a temperature of 85—99 °C. Thereafter blanched raw stuff was lowered into the cold solution of ascorbic acid and kept for 5—15 minutes. Finally vegetables were dried in different ways to 8—12% moisture content, cooled and packaged. The amount of vitamin C in the final product is in the range of 20—100 mg %.

Thus, this technology allows you to get dried enriched product from vegetables, which can be widely used both at home and in catering.

KEY WORDS: *vegetables, vitaminized products, vitamin C*