

ENRICHING FAT COMPONENT FOR CULTURED MILK FOODS BASED ON NATURAL VEGETABLE OILS

Cultured milk foods should be consumed daily, because they include due to high food and biological value. Admittedly, milk fat contains 60...65% SFA, in the proportion of SFA to UFA are about — 0.5, in contrast to the «ideal fat» — 0.7...0.8. Therefore, the development of components for enriching fat cultured milk foods, as a source of unsaturated fatty acids, is the actual task of researches.

Vegetable oils contain of 50...60% of essential PFA (particular linoleic and linolenic). They should act in specified ratios as — 1:1:1 for saturated, unsaturated and polyunsaturated FA and 1:6 for ω -6 and ω -3.

For blending was elected as corn, rapeseed, linseed, sesame, walnut oil industrial production and direct spinning. Correlation oils in the blend — calculated mathematically by taking into account the fatty acid composition, organoleptic characteristics and compatibility with the milk base. Experimentally determined possibility of blending vegetable oils to the cottage cheese and sour cream — 10...50%, which allows to balance the fatty acid composition of the product. To prevent the loss of PFA is proposed to bring blend in finished protein basis for the cottage cheese and in cream before heat treatment for sour cream. The blend previously was mixed with cream (amount — according to recipes) and emulsifier «Protect 01» (E — 471, E — 472) in the amount of 5% by weight of vegetable oil. It was established that the addition of blend has no significant effect on the physical and chemical properties of cultured milk foods. Taste and smell samples of products — pure, cultured milk, with a pleasant nutty flavor.

The combination of two different sources of fat components — create balance in fat composition of cultured milk foods. Such products will have functional orientation and partly reduce the current deficit of unsaturated and polyunsaturated fatty acids, vitamins and minerals.

KEY WORDS: *vegetable oil, blend of vegetable oils, milk fat, cultured milk foods, balanced dairy products*