

27. Cherry laurel is an unconventional raw material in the canning industry

Ivasyuta Lyudmila, Romaniv Vladimir, Tatiana Levkivska
National University of Food Technology, Kyiv, Ukraine

Introduction. Today, humanity is confronted with a number of adverse factors that adversely affect the human body. Therefore, foods that are rich in vitamins, minerals and other valuable ingredients should be included in the diet. Such foods have a health-promoting effect on the body and help eliminate nutritional deficiencies. All these nutrients have unconventional vegetable raw materials, and its incorporation into products, allows to increase biological and nutritional values.

Research materials. Analysis of literary data, theoretical and experimental development of the authors.

Results. Cherry laurel is an unconventional raw material that has become widespread in warm and temperate areas, most in America and Eurasia. It is an evergreen shrub or tree up to 10 meters high. It blooms in April and May, the inflorescences are white, long and very fragrant. The fruits ripen in August. Visually, the bunch is like a currant, and one-third smaller than a cherry. Up to 20 fruits and more can be found on one bunch. Depending on the variety, the fruits are small, having a small tartness and bitterness and larger, sweeter ones. This plant is not a hybrid of laurel and cherry. And it got its name because the fruits are like ordinary cherries, and the leaves and aroma are like laurels.

There are up to 400 species of bay leaves. The most common are Portuguese Lusitanian, Medicinal Laurel, Rotundifolia, Hergbergeri, Mount Vernon and Otto Luiken, Caucasian, Shipkensis. Today, the laurel can be found in landscape design. It is also used in medicine and pharmaceuticals. At home, bay leaves are made of compotes, tinctures, jam, mousses and more.

Leaves, seeds and bark of laurel contain a large complex of biologically active substances - benzaldehyde, steroid compounds, ascorbic acid, phenolic acids, catechins and tannins. The leaves also contain essential oils, and after processing they can be used as natural spices for food or flavoring substances for pharmaceuticals. However, the bones of the fruits contain hydrocyanic acid and amygdalin, so they are absolutely not allowed to be used in the production of food.

The fruits of laurel cherry contain a large amount of sugars, vitamin C, anthocyanins, tannins, pectic substances, antioxidants, minerals - K, Mg, Ca and Na, Mn, Fe, Zn and Cu. However, the content of Pb, Ni, Co and Cr is very low.

Conclusions. Since bay cherry laurel has a valuable chemical composition and a large amount of antioxidants, it is advisable to use it in food production.

Literature.

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