7. Improving the technology of meat pates using fiber from sesame seeds

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Introduction. National health parameters require a system-complex program approach to solving the problem of population nutrition. The search for alternative ways to solve this extremely important task has led scientists and practitioners to the idea of the need to develop and implement new technologies of food products, adequate in terms of component composition to the needs of modern man. These are combined health, preventive and functional products. The creation of combined meat products that combine traditional consumer properties, as well as the possibility of using raw materials of animal, vegetable, microbiological origin, is aimed at expanding the raw material base of the meat processing complex and solves the problem of reducing nutrient deficits in the population's diets. A promising scientific direction in food technology is the development of innovative products, the recipes of which include the use of non-traditional raw materials in order to obtain a full-fledged product with health and preventive properties [1, 2, 3]. The use of fiber from sesame seeds in the technology of meat pastes is one of the ways to obtain a special purpose product.

Materials and methods. Meat and pork by-products, fiber from sesame seeds, onions, salt, and pepper are suggested to be used as components of meat pâtés developed in scientific work.

Sesame is not grown in Ukraine, it is common in India, China, Pakistan and Mexico. It is widely used for the production of sesame oil and butter, as well as seeds. Sesame seeds are rich in nutrients that strengthen bones: calcium, magnesium and zinc. It also contains natural compounds called oxalates and phytates, which are anti-nutrients that reduce the absorption of these minerals. To limit the effects of these compounds, heat treatment is required before use. Sesame seeds contain two types of plant compounds - lignin and phytosterols. They help reduce the level of "bad" cholesterol. The content of pinoresinol, which suppresses the action of the digestive enzyme maltose, helps regulate blood sugar.

The results. When developing recipes for model systems of meat pastes with the addition of fiber, it is suggested to use meat and pork offal, onions, salt, pepper and fiber from sesame seeds, hydrated 1:3 in the amount of 1-4%.

Conclusion. Nutrition should support the molecular composition and compensate the energy and plastic costs of the body for the main metabolism, vital activity and growth of the body. The use of fiber from sesame seeds, hydrated 1:3 in the technology of meat pastes will allow to obtain a product with health and preventive properties.

Literature.

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