

TRADITIONAL AND MODERN TECHNOLOGIES OF SALADS AND VINAIGRETTES

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Salads and vinaigrettes have different purposes, for example, they can be used as an independent dish, an addition to a side dish, even as a component of another dish. Any meal begins with cold dishes and snacks, so we can say that it is with these dishes that the institution will be able to show its "face".

The assortment of salads and vinaigrettes can be very different. Salads can consist of: raw vegetables, pickled or pickled vegetables, fried vegetables, meat, fish, seafood, etc. Vegetable, fish and meat vinaigrettes are distinguished.

Usually there are salads with different components, but you can also use a mono product. When adding different sauces and components, the amount of energy value and nutrition of the salad increases.

Due to the wide variety of cold dishes and snacks, they began to actively use non-traditional types of raw materials in order to pleasantly surprise. An example is the inclusion of various by-products (heart, liver, lungs, etc.) in salads. A very valuable dish is considered precisely the one in which as many nutrients are stored as possible.

The topic is relevant, because cold meals and snacks play a big role in a person's life. Vegetables are a source of vitamins and energy.

The object of the study is: "Salad from caramelized chicken liver".

The subject of the research is: improvement of the technology of preparation of "Caramelized Chicken Liver Salad".

The purpose of this study is to develop a recipe and evaluate the quality of an improved dish based on the dish "Caramelized Chicken Liver Salad".

According to the goal, the following tasks were formed:

- to justify the choice of raw materials necessary for the preparation of the studied samples;
- development of a new product formulation;
- research of organoleptic and physico-chemical indicators of the studied product;
- calculation of the nutritional value of the new sample.

In order to improve the recipe, it was decided to add three different components to the caramelized liver salad: walnuts, flax seeds and feta cheese.

Walnut. This unique component is very caloric, but contains a large number of biological substances, namely: vitamin B1, B3(PP), C, essential oils, alkaloids, steroids, tannins, etc. Walnuts are known to help lower blood cholesterol levels.

It is this product that is recommended to be used for the prevention or treatment of atherosclerosis, with a lack of vitamins or iron in the body. It is impossible not to mention that this component helps to improve the functioning of the intestines. In general, it has a good effect on the support of the immune system.

Feta cheese. The cheese itself is called so because it was made in Greece from sheep's or goat's milk. From the outside, this cheese is slightly pressed, and the taste is sour. Only 100 g of this product fully covers the daily requirement of the human body for phosphorus and enriches it with sodium and calcium.

This component contains a sufficient amount of magnesium, vitamins B, K, D, A. Beneficial organisms, which are also contained in this cheese, are able to create a special type of antibiotics for the treatment of food poisoning.

Flax seeds. This product perfectly removes all harmful toxins from the intestines and from the body as a whole. In general, if the seeds were not taken before, then it is necessary to use them in small quantities. It is recommended to use this seed for people suffering from excess weight, diabetes, and respiratory diseases. It is not recommended to eat dishes with flax seeds for pregnant women and children.

Another great advantage of this seed is the creation of cholesterol balance in the human body. Also, flax seeds contain a sufficient amount of vitamins E and K, and are also a source of phosphorus, calcium, magnesium, potassium and sodium. Affects the mucous membranes of the respiratory system as a sedative and has a moisturizing effect.

Table 1 shows the calculation of the nutritional value of improved dishes.

Table 1 - Calculation of the nutritional value of improved dishes

Name	Classical variant (control)	Walnut	Flax seeds	Chees Feta
Proteins, g	27,74	30,78	28,29	34,54
Fats, g	35,35	48,39	36,62	44,95
Carbohydrates, g	18,85	20,25	18,9	18,85
Energy value, kcal	504,51	639,63	518,34	618,11

Conclusion. After calculating the nutritional value of classic and new recipes of salads, we can draw a conclusion. The optimal choice among the 4 samples is sample No. 3, due to the fact that it has an average amount of carbohydrates, proteins and fats, and therefore energy value. In sample No. 2, the energy value increased as a result of the increase in the amount of fats.

Literature

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