

Pasti in prednosti industrijske predelave

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Izvleček

Prispevek prikazuje pasti in prednosti industrijske predelave hrane. Prikazana je kratka zgodovina in vpliv industrijske revolucije na predelavo hrane. Opisan je nov postopek visokotlačne pasterizacije. Težnja potrošnikov je želja po naravnih, svežih izdelkih, ki so brez dodatkov in brez izgube hranilnih vrednosti zaradi termične obdelave. Kljub temu se okoli 30 % hrane še vedno zavrže, še preden se jo proda. Visokotlačna obdelava hrane je okolju prijazna metoda, ki omogoča neagresivno konzerviranje hrane pod visokim tlakom brez dodatka kemikalij, konzervansov ali toplotne obdelave. Rezultat takšne obdelave živil je veliko daljši rok uporabnosti, višja kakovost izdelkov in s tem zadovoljnejši uporabniki. Vse, kar potrebujemo pri postopku visokotlačne pasterizacije, je voda, ki jo je možno reciklirati ter črpalke, ki ustvarijo visoki tlak. Ustvarjen tlak zviša temperaturo za približno 18 °C in skrči izdelek za 16 %, pri čemer se med dekompresijo izdelek ohladi na prvotno temperaturo in se razširi nazaj na začetno velikost.

Najpomembnejše je, da se med postopkom visokotlačne obdelave tekstura, videz, hranila in okus izdelkov ohranijo.

Ključne besede: predelava hrane, visokotlačna pasterizacija;

Pitfalls and advantages of industrial processing

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Abstract

The manuscript presents the pitfalls and advantages of industrial food processing. A brief history and impact of the industrial revolution on food processing is presented. A new process of high-pressure pasteurization is described. Consumer tendency is the desire for natural, fresh products that are free of additives and without loss of nutrients caused by heating. At the same time, around 30% of food is still being thrown away, some of it before even being sold. High-pressure processing is an environmentally friendly method that allows non-aggressive preservation of food under high pressure without the addition of chemicals, preservatives, or heating. The result is much longer shelf life, higher product quality and thus more satisfied users. All we need in the high-pressure pasteurization process is recyclable water and high-pressure pumps. Pressurization increases the temperature by around 18°C and the products are compressed by around 16% in their packaging. During decompression, the product cools roughly back to its initial temperature and expands back to its original size. The most important fact of this process is to preserve the texture, appearance, nutrients, and taste of the products during the high-pressure processing

Key words: food processing, high pressure pasteurization;

Hrana, prehrana, zdravje:

Gojimo, hranimo, ohranjamo. Skupaj

P. Raspor (ur.)

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