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ANTIOXIDANT AND SENSORIAL PROPERTIES OF FLAVORED SESAME OIL

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Abstract: Sesame oil is obtained from sesame (*Sesamum indicum*) seeds by cold pressed and, thereby, it is preserved the nutritional values and flavor. Sesame oil is a little-known oil in our country but it is making an ideal ingredient for healthy cooking. Cold pressed sesame oil contains high antioxidants compounds and vitamins (A and E). The aim of this study was to obtaining and characterize some sesame oil samples flavored with basil (*Ocimum basilicum*), garlic (*Allium sativum*), cumin (*Cuminum cyminum*) and cinnamon (*Cinnamomum zeylanicum*). Being an aromatized oil, sensory evaluation (hedonic analysis) and antioxidants properties were carried out. Flavored sesame oil was analyzed in terms of total antioxidant capacity by FRAP assay, total phenolic content by Folin-Ciocalteu method and vitamin C by titration with a 2,6-dichlorophenolindophenol sodium. Using the Hedonic scale, the sesame oil flavored with cinnamon was the most pleasant with a significant score in all sensory characteristics. The highest score was given for taste (8.9) followed by its appearance with a score of 8.8. The highest amount of total polyphenols is found in the oil flavored with cinnamon, and the highest antioxidant capacity was found in sesame oil with garlic, that flavored the oil. On the other hand, the vitamin C content, in dry spices, increases from cumin → garlic → basil → cinnamon. Vitamin C has not been identified in sesame oil and thus, the aromatic oil will be enriched with a small amount brought by spices. Studies show that, in recent years, the population tends to consume more healthy foods.

Keywords: *sesame oil cold pressed, spices, antioxidant properties*