

CHARACTERIZATION OF SOME VEGETABLE FILLINGS FOR PUFF PASTRY

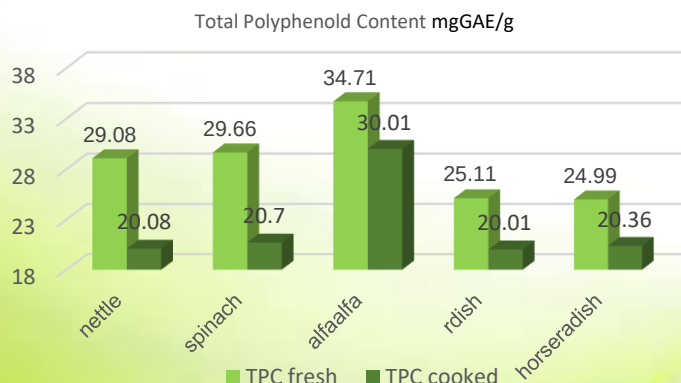
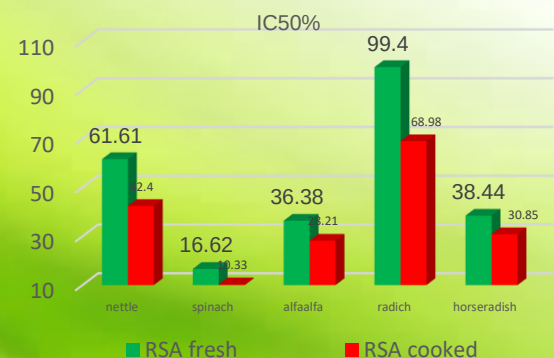
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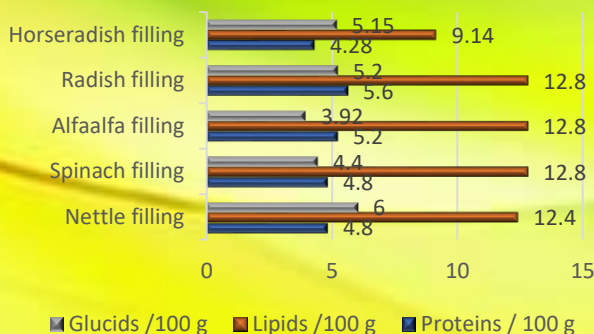


Abstract

The aim of the present study was to obtain and characterize some green vegetable fillings for puff pastry. Thus, leaves of nettle, spinach, radishes, alfalfa and horseradish were used in combination with feta cheese, in identical percentages for all fillings. The sensory examination of puffs with the five fillings showed a very good acceptability (between 3.4 and 4.8 out of 5.0 possible points), the most appreciated taste being that of the alfalfa filling. The best antioxidant activity (IC₅₀%) was found in fresh radish leaves (99.4%) and in the filling with radish leaves (68.9%). The lowest antioxidant activity was recorded in fresh spinach leaves (16.6%) and spinach filling (10.33%). The total polyphenol content of fresh leaves was higher than that of cooked leaves, the highest value being recorded in fresh alfalfa samples (34.7 mg GAE/g sample). Even after cooking, the total polyphenol content of alfalfa was higher than the other fresh leaves. From the approximate composition point of view, the lowest energy value was calculated for the filling with horseradish leaves (113.15 kcal/100 g), and the highest – for the filling with radish leaves (158.4 kcal/100 g). This study proved that these plants once used in Romanian cuisine present nutritional characteristics and bioactive compounds extremely important for consumers. These plants should be promoted on an industrial scale, both for their benefits and for the fact that they are cheap sources of food, even if they are seasonal there are conservation solutions.



Approximate composition of fillers



Sensory characteristics of puff pastry

