

CHARACTERIZATION OF SOME APPETIZERS OBTAINED FROM SCALDED DOUGH

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ABSTRACT

The use of scalded dough is known to obtain eclairs. In this study, simple and with addition of beet juice scalded dough was made with to obtain appetizers with various fillings (cheese and salmon, avocado and cheese with pineapple). The external appearance of the eclair shells, the simple version, was appreciated better than the version with the addition of beet juice, where the appearance per section was better appreciated. Also, the color of the simple shells was better scored than the ones with beet juice. The scalded dough appetizer variants were very well received by the evaluators, having a very good acceptability. The combinations of the two shell variants and the three filling variants segmented the evaluators' preferences. Appetizer variants with simple shells were preferred by the evaluators. The most appreciated appetizers were the beet shells in combination with pineapple cheese filling, closely followed by the simple shell appetizers with the same filling. The cheese and salmon filling was better appreciated in plain shell than in beetroot ones.

The same fact was observed for the avocado filling, which received lower scores than the other fillings. The titratable acidity of the simple appetizer shells was 17 g/L, respectively 23 g/L for those with beets. The acidity of the fillings was between 39.2 g/L and 121.6 g/L. The moisture content of the simple shells was 18% and 25.2% in the beet ones. The water content of the fillers varied between 32.1% and 51.7%. The salt content in the shells was 0.24% and 0.26%, respectively, and in the fillings it was found between 0.38% - in the cheese and smoked salmon filling, and 2.59% in the cheese and pineapple filling. The lipid and protein content was higher in the plain shells, but in the beetroot shells a higher carbohydrate content was found. In the case of fillings, the highest lipid content was observed in the variant with avocado and the highest protein content – in the cheese and pineapple filling. The energy values of the fillings with avocado and cheese were clearly superior to those with cheese and smoked salmon.

