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VEGAN ALMOND-BASED ALTERNATIVE TO MEAT PARIZER

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Abstract: Nowadays, vegetarianism or veganism is no longer just a trend but has become a way of life for many people, who are giving up animal products either for better health, to protect the environment or simply for religious and/or ethical reasons. In recent years, plant-based alternatives to animal products have gained much attention. The objective of the present work was to obtain three varieties of vegan alternative to the parizer using almonds as raw material: one with the addition of red beetroot juice as coloring agent and rosemary essential oil as preservative and natural flavoring (VP1), the second also with red beetroot juice, but in a spicy version, using chili pepper flakes and black pepper essential oil (VP2), and the third variant using turmeric powder as coloring agent and with the addition of essential oil of tarragon (VP3). The obtained products were analyzed in terms of total polyphenol content, antioxidant, nutritional and sensory properties. All three products had a fairly high content of total polyphenols, with the VP3 assortment recording the highest concentration of these compounds (1.38 ± 0.03 mg GAE/g). The antioxidant activity of the vegan alternatives to the parizer was very good, with the VP2 assortment standing out with the strongest DPPH free radical scavenging activity ($97.99 \pm 0.34\%$). In contrast to the classic version of meat parizer, the vegan products developed within this paper are lower in calories, have less protein but also less fat, contain no cholesterol, and are high in dietary fiber. The sensory properties of the almond-based vegan parizer alternatives were highly rated by the panelists using the 5-point hedonic scale method, with all products scoring very high on all attributes

Results and discussion

Table1.

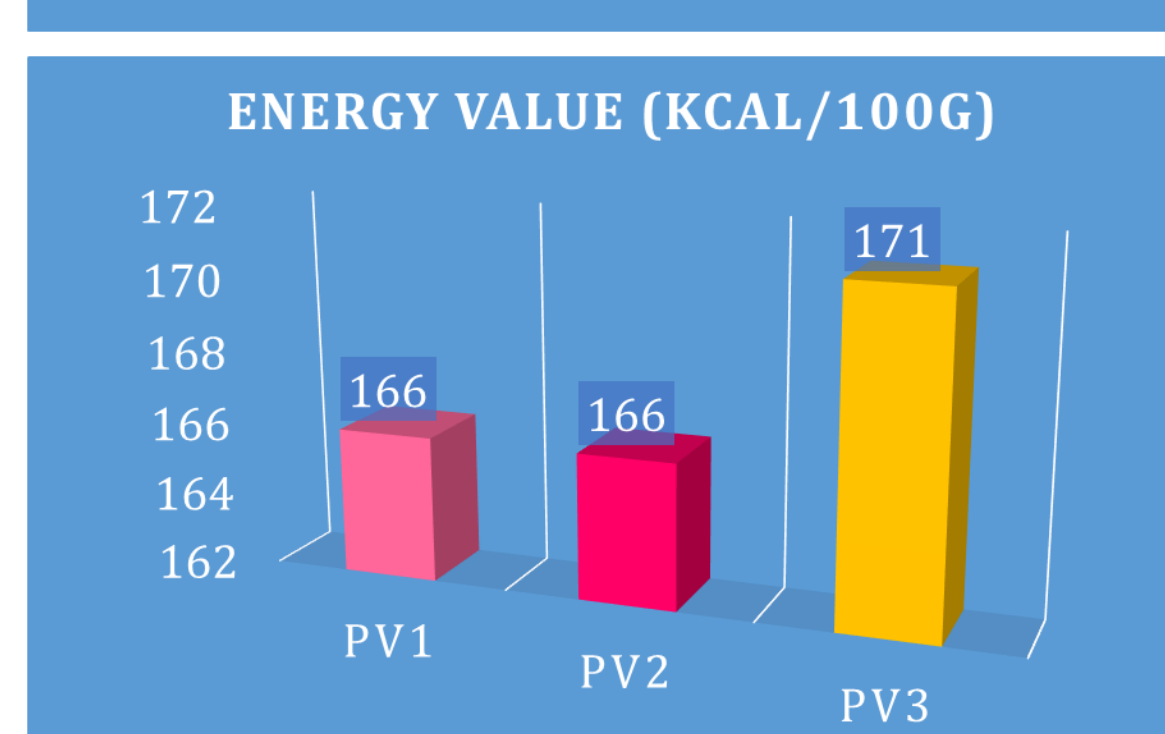
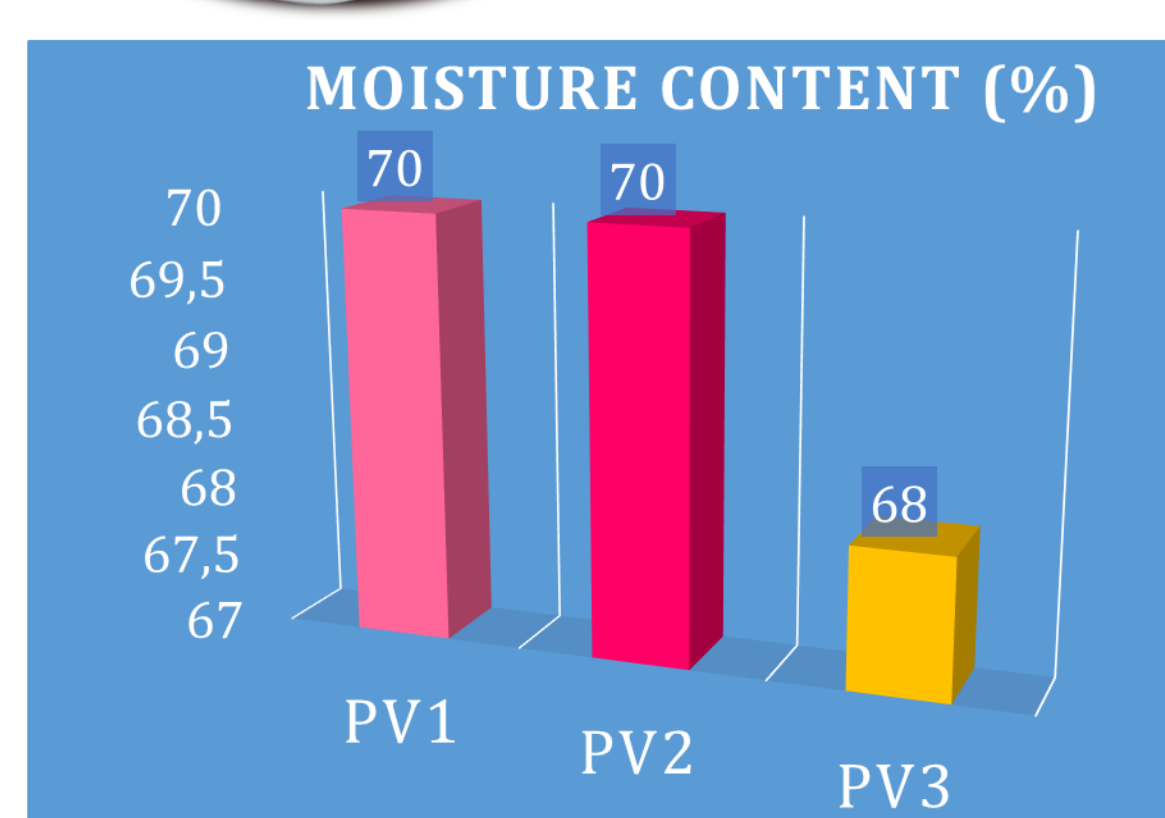
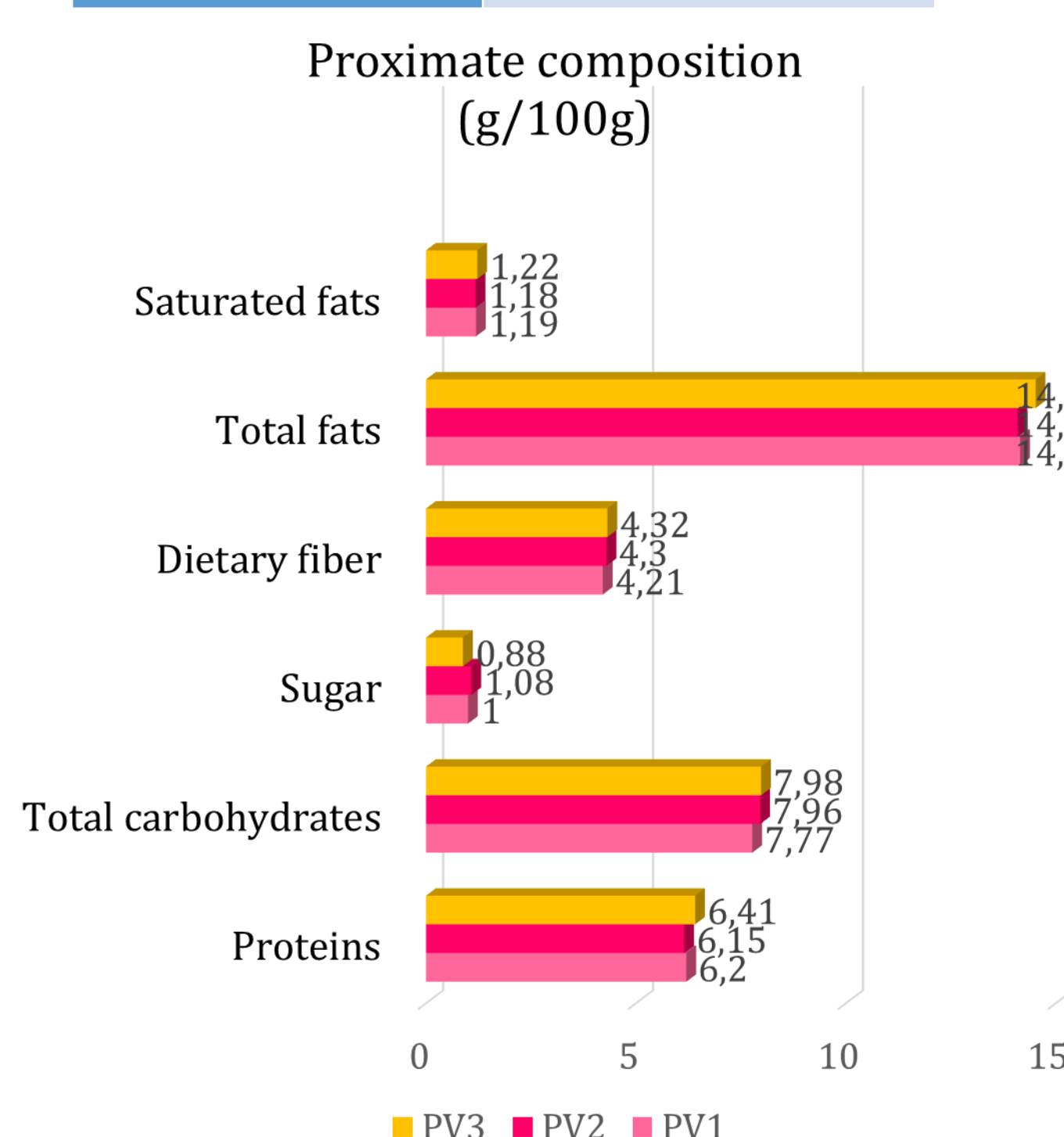
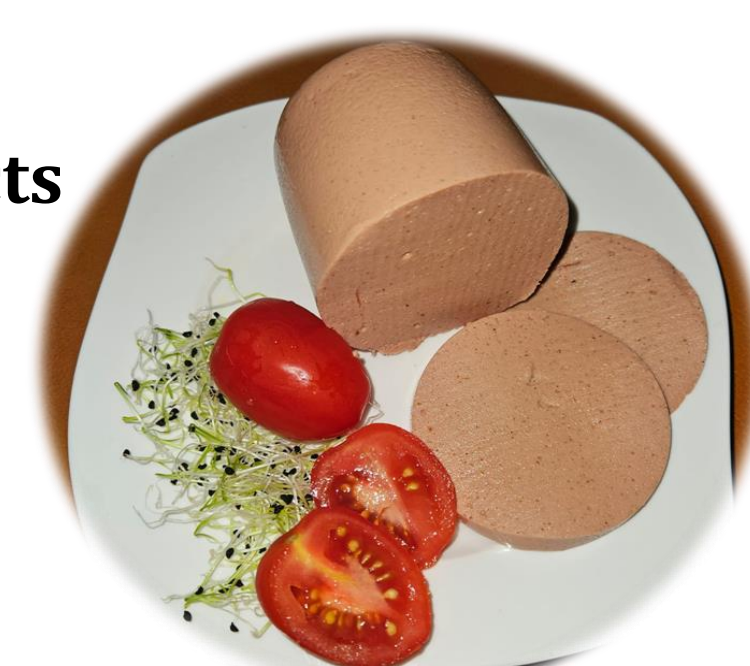
Total polyphenol content in finished products

Sample	Total polyphenols (mg GAE/g)
VP1	1.23 ± 0.02
VP2	1.30 ± 0.01
VP3	1.38 ± 0.03

Table2.

Free radical DPPH scavenging activity
(RSA) (%) for finished products

Sample	RSA (%)
VP1	96.65 ± 0.33
VP2	97.99 ± 0.34
VP3	92.63 ± 0.32



Conclusions

The almond-based vegan alternatives to parizer developed in this paper are very attractive products in terms of consumer health benefits, simple and environmentally friendly technology, very good sensory properties that have fully satisfied the tastes of meat product consumers. These vegan products meet today's new demands to reduce the production and consumption of meat products and are very suitable for people with a vegan diet, but also for flexitarians, vegetarians

