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Optimization of pre-treatment conditions to improve qualities of frozen home meal replacement

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Food manufacturers have been challenged to provide better convenient and integral foods for consumers' demands. In normal case, home meals are prepared in the order of purchase of materials, pretreatment, cooking and arrangement. The most advantage of the HMR is to lessen burden to prepare the home meals. The materials of HMR is pretreated and mildly cooked prior to packaging, it reduces overall cooking time greater than normal home meals. Main difference of HMR with normal chilled or frozen foods are its freshness. Nevertheless, the HMR is a processed food, hence losses in physicochemical and sensorial properties as well as nutrition are inevitable. HMR is consisted of various materials of which physical properties are varying depending on types and compositions. Uniform pretreatment of raw materials cannot guarantee the overall quality of the HMR. In the present study, best pretreatment conditions were evaluated to minimize or to improve quality characteristics of vegetable-type HMR. Selected and washed vegetables were blanched by boiling in water, superheated steaming and frying with varying time. Physicochemical properties of the materials were assessed to optimize the best condition. Consequently, this study demonstrated that all materials had different optimal conditions, and the conditions were closely depending on the applied pretreatment methods.

Biography

Mi-Jung Choi has completed his PhD from the University Claude Bernard Lyon 1, France and conducted her postdoctoral research at the National Nanotechnology Center (NANOTEC), Thailand and at Hohenheim University, Germany. Currently, she is an Associate Professor at Konkuk University, Korea and expertized in food engineering and nano science. She published more than 50 papers in the field of engineering and nanotechnology and has been serving as an editorial board member of Korean Journal of Food Science and Nutrition.