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## Influence of drying methods and thermal treatment on the rate of drying, quality and lipid stability of sardine (*Sardinella gibbosa*)

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Effects of drying methods and blanching treatment on the rate of drying and quality of sardine (*Sardinella gibbosa*) were examined under industrial and traditional drying conditions. The drying process was evaluated using drying rate and moisture content. After drying and during the storage, lipid oxidation, fatty acids composition, sensory attributes and protein solubility were analysed. Dried sardine had moisture at equilibrium of 24.5% and 23% during industrial and 28.5% and 25.5% during traditional drying for control and blanched sardine respectively. Traditional drying and blanching treatment increased lipid oxidation rate significantly ( $p < 0.05$ ). Proportion of polyunsaturated fatty acids, especially EPA and DHA declined rapidly during storage. Control groups retained desired attributes longer according to sensory evaluation. Blanched dried sardine had significantly ( $p < 0.05$ ) lower muscle protein solubility than control groups. Protein solubility remained apparently stable during storage. In conclusion, traditional drying and blanching adversely affected the final product quality and stability. A stable dried product of improved quality can be produced from unblanched sardine dried under controlled temperature, relative humidity and wind speed.

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## Don't blame the crisps: Nutrition data reveal bakery and sauces make up 55% of salt purchased in packaged food

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Consumers in Mexico and Germany purchase more salt from bakery than the Chinese do from their entire packaged food, highlighting reformulation opportunities in categories not perceived as high in salt. With food labelled as reduced salt only seeing limited success, and salt consumption still above the 5 g WHO recommended daily level, reduction by stealth is the way forward. This presentation identifies category and regional salt reduction opportunities to help meet the WHO's guidelines.

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