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ДОЦІЛЬНІСТЬ ВИКОРИСТАННЯ КОНОПЛЯНОЇ І ЛЛЯНОЇ ОЛІЇ У ВИРОБНИЦТВІ МАЙОНЕЗУ

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EXPEDIENCE OF USE OF HEMP AND FLAX OIL IN THE PRODUCTION OF MAYONNAISE

Examples of functional products are blended oils that are balanced in fatty acid composition and mayonnaise based on them. Creation and introduction into production of new types of mayonnaise is an urgent need of today.

It is advisable in the production of mayonnaise to use blends of sunflower oil with hemp or linseed oil. This will allow it to provide high quality, to obtain a valid shelf life without the use of antioxidants and preservatives that meet the established standards. As a result, we get functional healthy foods and therapeutic and prophylactic products with improved fatty acid composition and enriched with fat-soluble vitamins, which speaks in favor of the use of hemp and linseed oils as an ingredient in mayonnaise.

Flaxseed oil has a pleasant smell and color from golden to brown depending on the degree of purification. It differs from other vegetable oils in its composition. It has a lot of nutrients and vitamins - A, E, group B (B1, B2, B3, B5, B6, B9), K, calcium, iron, magnesium, phosphorus, potassium, zinc, but its main value - a unique combination both saturated and unsaturated fatty acids. The most important of them are alpha-linolenic acid Omega-3 (its content reaches 60%), linoleic Omega-6 (about 20%), deer Omega-9 (about 10%). Another 10% is accounted for by other fatty acids.

Flaxseed oil due to the optimal content of PUFA contributes to the overall strengthening, cleansing of the body, stimulates the immune system, has antioxidant and anti-inflammatory effects.

Hemp oil is a unique source of antioxidants, amino acids, trace elements, vitamins, minerals, proteins and is characterized by a high content of chlorophyll, which makes it a valuable food product. According to medical research, hemp oil is a therapeutic and prophylactic agent and is effective in the treatment of many diseases. Hemp oil is the only natural oil in which Omega-3 and Omega-6 unsaturated fatty acids are in an ideal ratio of 1: 3 ÷ 5. And the chlorophylls present in hemp oil give mayonnaise a pleasant bright light green color.

All this speaks only in favor of the use of flaxseed and hemp oils in the production of mayonnaise.

Creation and introduction into mass production of new types of mayonnaise with blended oils for functional purposes with a balanced composition of fatty acids, the use of products with a balanced balance of PUFA family ω -6 (linolenic, γ -linolenic, arachidonic) and ω -3 (α -linolenic, eicosapenta) docosahexaenoic) is important for the population of Ukraine, namely, to provide them with healthy food and treatment and prevention products.