TECHNOLOGY OF PUREE-BASED DISHES FROM LENTILS

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The article is scientifically justified. The technology of puree dishes from beans lentils is developed. It is shown that lentil is a valuable raw material with high content of proteins and carbohydrates. It is proved that the germination of lentil greatly improves the digestion of proteins, included in its composition, increases the mass fraction of vitamins, reduces the duration of thermal processing of the product, but leads to the decrease of mass fraction of dry substances in raw materials (25.5%). So, to make the product taste a combined treatment of lentil (germination and extrusion), increasing the mass fraction of dry substances in the finished product and its taste is applied.

The best composition of lentils for soup "Health" (sprouted grains is 70%, the extrudate – 30%) and the technology of its manufacture are determined.

Keywords: lentil, protein, puree mass, organoleptic characteristics.