ANALYSIS OF MODERN TECHNOLOGIES OF PRODUCTION OF SWEET DISHES FOR HEALTH-IMPROVING NUTRITION

N. Dzyuba, M. Kashkano, I. Kalugina, M. Oliynik

The issue is about scientific substantiation of technological regimes, the development of compounding compositions and ensuring the functional properties of desserts using natural raw materials that are safe for the human organism, has a particular importance for further scientific research.

The article deals with current trends and approaches to the development of desserts using structure formers. The variety of structure formers used in the production of desserts makes it possible to expand the assortment of desserts. This causes the need for scientific and industrial research aimed at finding ways to implement the functional and technological properties of the prescription components, in particular, protein, which will allow the loss of dessert products of functional purpose without the significant use of nutritional supplements.

The research on the prospects of the use of classical and nonconventional structure-makers and the determination of optimal conditions for their application is carried out. In particular, providing the necessary foam-like structure and functional properties of desserts is possible through the use of iota carrageenan, starch, gelatin. Problems in ensuring the rheological and microbiological stability of desserts, as well as the optimization of technological approaches remain unsolved. Therefore, it is promising and expedient to consider the development of universal bases for functional desserts with a given nutritional and biological value, which will help to optimize technological processes, reduce time expenditures, and increase the cost-effectiveness of introducing developed technologies in restaurants.

Keywords: whipped desserts, mousses, structure formers, sweet dishes.