

Proizvodnja kruha od mješavine sojinog i drugih vrsta brašna

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Sažetak

Soja je poznata kao vrlo cijenjena prehrambena sirovina zbog svog kemijskog sastava. To se prvenstveno odnosi na količinu i vrstu bjelančevina koje sadrži. Zbog toga se proizvodi na bazi soje preporučuju kod različitih vrsta oboljenja. Međutim, s druge strane, treba voditi računa da se u nekim slučajevima baš zbog tog visokoproteinskog sastava soja i ne smije konzumirati.

Sojino brašno se koristi u pekarstvu u cilju obogaćivanja kruha i peciva bjelančevinama. Najčešće se dodaje do 10% sojinog brašna na pšenično, ali može se dodavati i do 20%, pa i više od 30% pa govorimo o kruhu bogatom bjelančevinama, odnosno o visokoproteinskom kruhu. Pekarski proizvodi, kruh i peciva, samo od sojinog brašna se proizvode najčešće namjenski, za određene institucije ili za određene grupe korisnika (bolnice, oboljeli od celijakije, itd.).

Cilj ovog rada je bio proizvodnja kruha od mješavine sojinog, kukuruznog, raženog i heljadinog brašna u različitim omjerima. Pored analize brašna (količina vode, pepela, kiselinski stupanj, moć upijanja vode) urađena je i potpuna senzorska analiza kvaliteta proizvedenog kruha.

Ključne riječi: sojino brašno, kruh, kukuruzno, raženo, heljdino brašno, senzorska ocjena

Mixture of soy flour and other flour types in bread production

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Summary

Soy is known as a highly valued food raw material due to its chemical composition. This primarily refers to the amount and type of protein that contains. Therefore, usages of soy-based products are recommended in case of dietary if suffering different types of diseases. On the other hand, should be considered that in some cases soy is ban for consumption just due to high-protein composition.

The aim of soy flour usage in baking is to enrich bread and rolls by protein. Usually, up to 10% soy flour is added to wheat, but could be added up to 20%, and more than 30% when we talk about protein reach bread, i.e. high-protein bread.

Bakery products, bread and rolls, produced as single soy flour products are usually earmarked for specific institutions or for specific user groups (hospitals, suffering from celiac disease, etc.).

The aim of this study was production of bread from a mixture of soy, corn, rye and buckwheat flour in different proportions. In addition to the analysis of flour (the amount of water, ash, acid degree, water absorption power) performed was and complete evaluation of the sensory quality of produced bread.

Key words: soy flour, bread, corn, rye, buckwheat flour, sensory evaluation