

Beetroot appetizer– a variety of Romanian zacusca

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Abstract

The product is a variety of traditional zacusca, made from onion, roasted peppers, tomato juice and spices and the main component, beetroot. Zacusca, a traditional dish, usually made with eggplant, was made this time with raw (V1) and oven-baked beetroot (V2), giving the dish a distinctive taste and consistency. Beetroot is a nutrient dense super food rich in fibers, antioxidants, folate, potassium, iron and vitamin C and low in calories and fat. The aim of the study was to obtain and characterise from sensory, physico-chemical and nutritional point of view the beetroot zacusca. The beetroot appetizer paste has a more textured consistency, with a well-appreciated taste, color and aroma, in a hedonic scale from 1 to 5. The measured physico-chemical parameters were: humidity 45.6%, dry mater 55.4%, salt 1.1% and acidity (cm³ NaOH 0,1n/100 g) 4.1- 4.3 and vitamin C in raw (9.5mg/100g) and oven-baked beetroot (5.1 mg/100g). Energy value was 164 cal/100g product, which recommends it as a dietary product.

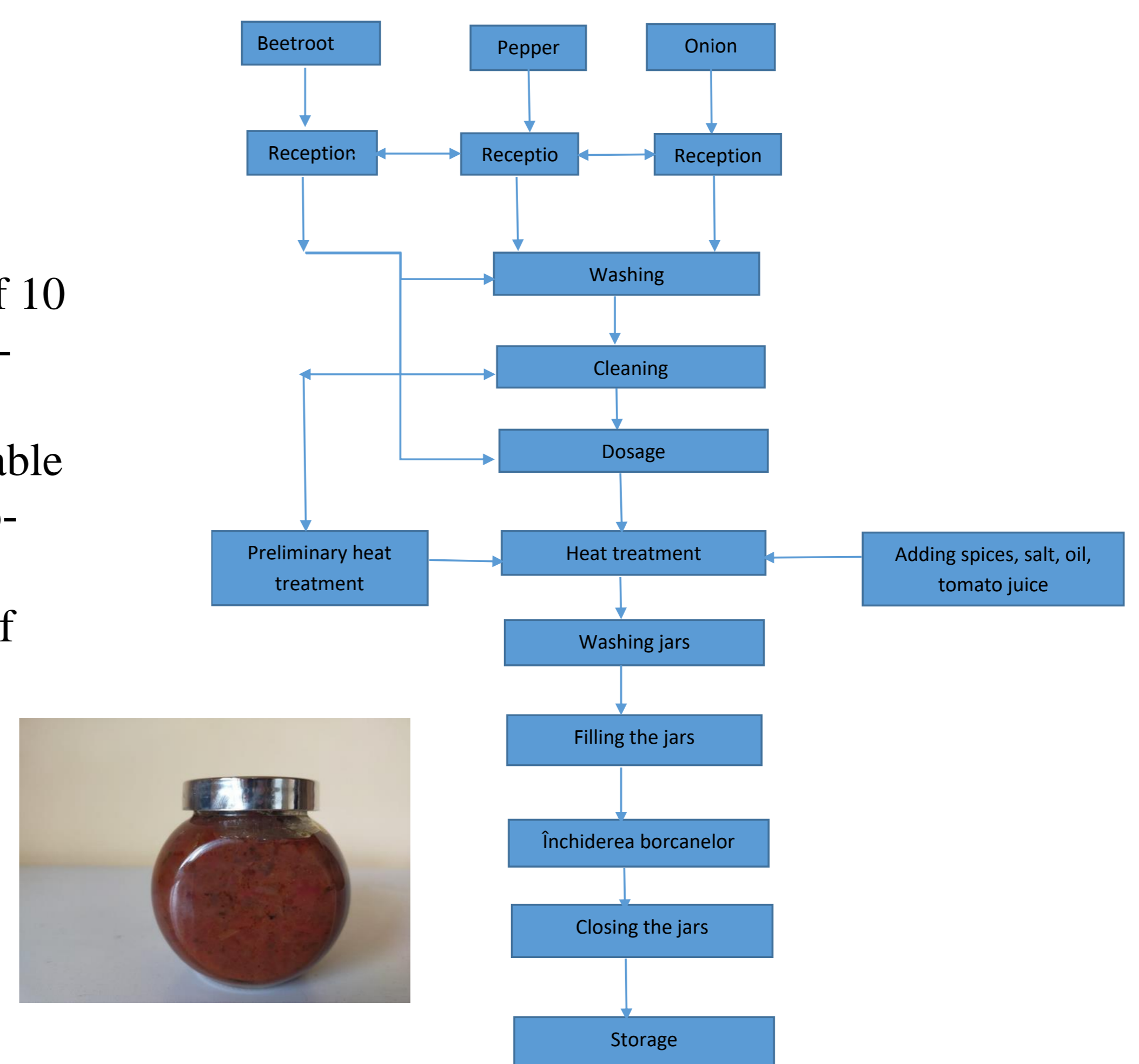
Key words: beetroot zacusca, sensory, physico-chemical properties

Material and method

After obtaining both versions of the beetroot zacusca, according to the technological scheme, with raw (V1) and oven-baked beetroot (V2), there were organoleptically analyzed and compared to each other by a number of 10 panelists, trained to appreciate the color smell, taste , consistency and after-taste. Each characteristic was scored on a 5-point hedonic scale, where 1 represented an extremely negative assessment, and 5 – an extremely favorable assessment. The two version of zacusca were also analyzed from a physico-chemical point of view, determining the moisture, dry mater, acidity, salt content and vitamin C in raw and oven-baked beetroot. The energy value of the product was also calculated.

Results and discussions

All evaluated characteristics were well rated, with the baked beetroot variant being better appreciated by the tasters in almost all categories, except for color, which was more appreciated in the case of variant V1, made with raw beetroot, while the consistency, taste and smell were better appreciated in variant V2, with oven-baked beetroot.

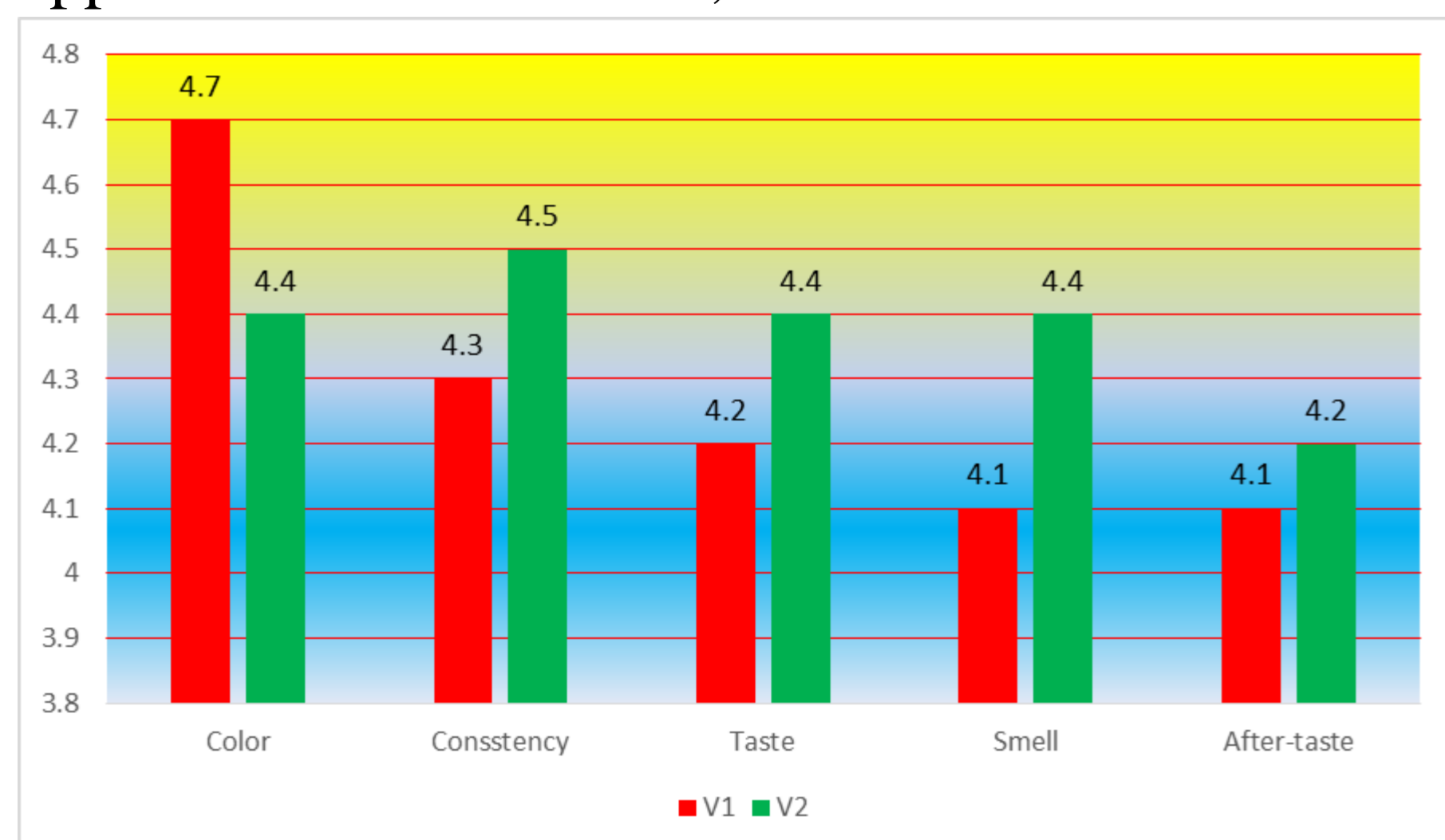


Technological scheme for obtaining beetroot zacusca

Results of the physicochemical examination of beetroot appetizer

Physico-chemical parameter	V1	V2
Humidity %	45.6	45.5
Dry matter %	54.4	54.5
Acidity cm ³ NaOH 0,1n/100 g	4.3	4.1
NaCl %	1.1	1.1
Energy value	164	164

Vitamin C in raw (9.5mg/100g) and oven-baked beetroot (5.1 mg/100g).



The results of the organoleptic analysis of the two variants of beetroot zacusca

Conclusions

1. The innovative character of these appetizers is the use of raw and oven-baked red beets, resulting in dense, tasty preparations well appreciated by consumers.
2. Following the sensory analysis, the most appreciated characteristics were the color and consistency, followed by taste and smell, with added appreciation being the variant obtained with baked beets.
3. The results of the physico-chemical examination are comparable to commercial products, and the energy values and reduced salt content in both cases recommend them as dietary products.