

Vitamins retention in some microwave cooked dishes

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Abstract

Nowadays the consumer is more than ever the focus for food processors: time allowed for preparing food is shorter than older time, high requirement for food with nutrient value due to the applied techniques, better sensory quality and “easy-to-cook” techniques. The study was conducted on some dishes: fish dish, stuffed sauerkraut rolls and caramelized sugar cream, studying the influence of microwave heating on nutrients comparatively with cooking, in the oven. The study shows a good retention of some vitamins in microwave-cooked samples (9 - 44%) than in oven cooked samples

Key words: Food value, microwave heating, vitamins.

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