

THE EFFECT OF ADDING DIFFERENT OILS ON LIQUID WHOLE EGG SENSORIAL PROPERTIES

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Eggs are known as a high dense-food, an egg can provide 75 Kcal and up to 7 grams of protein depending on its weight. Egg proteins are known as high quality proteins due to their high digestibility. Due to their longer shelf-life and safety in a microbiological point of view egg products are commonly used in Europe, almost 20% of total egg consumption is from egg products. Adding flavors and fortifying egg products to increase the benefits and customer acceptance is the aim of this study. Olive oil, sunflower oil, palm oil, and coconut oil were added to liquid whole eggs to evaluate their effect on the sensory attributes. All mentioned oils have a great antioxidant activity and phenolic content, olive oil for example is known for its positive effect enhancing cardiovascular health . Meanwhile, sunflower fatty acids are known for their ability to decrease the plasma lipoproteins and total cholesterol. Palm oil as well is one of the most used oils in food manufacturing and well known for its content of antioxidant compounds, meanwhile coconut oil has a unique composition of medium chain fatty acids which influence its nutritional value. 2.5, 5, 7.5% V/V of olive oil, sunflower oil, palm oil, and coconut oil were added to pasteurized liquid whole eggs then samples were cooked into scrambled eggs to be evaluated by trained panelists. They agreed that sunflower 5% and coconut 2.5% were the best in terms of color, taste and texture and coconut 5% and palm 5% smelled the best.