

PROXIMATE COMPOSITION AND SENSORY PROPERTIES OF FREEZE - DRIED NIGERIAN SOUPS

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ABSTRACT

Two Nigerian soups (Egusi soup and bitter leaf soup) were prepared and freeze - dried to produce instant soups. These instant soups and the freshly prepared portions were subjected to proximate and sensory analysis using standard methods. The results of the analysis showed that instant egusi soup contained 10.89 % moisture, 16.93 % ash, 19.73 % crude protein, 15.19 % fat, 13.95 % crude fibre and 23.30 % carbohydrate; while the freshly prepared portion had 66.11 % moisture, 2.06 % ash, 16.42 % crude protein, 10.44 % fat, 2.01 % crude fibre and 3.14 % carbohydrate. The instant bitter leaf soup had 12.46 % moisture, 19.52 % ash, 11.32 % crude protein, 9.89 % fat, 16.16 % crude fibre and 30.65 % carbohydrate; while the fresh portion of the bitter leaf soup had 74.02 % moisture, 3.66 % ash, 6.99 % crude protein, 8.03 % fat, 1.68 % crude fibre and 5.62 % carbohydrate. Sensory evaluation results indicated acceptability of all the soups. However significant difference ($p < 0.05$) existed among the soups in appearance, taste, mouth feel, and overall acceptability, but there was no significant difference ($p > 0.05$) in the aroma and consistency of the soups. Instant bitter leaf soup was most preferred when compared to instant egusi soup.

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