Microwave blanching of vegetables

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The quality of dried food products depends not only on drying process, but also on various steps of the entire processing chain. Structural changes occurring during some of these steps could have an important influence on the final quality of the product. Thus blanching, is very important to achieve a dehydrated product of high quality. But, besides desirable changes, undesirable losses of nutritional quality may also occur. Results of a comparative study of conventional water blanching and pulsed microwave blanching of three vegetables are presented. Due to the prevention of leaching losses during blanching microwave blanched vegetables retain nutrients better than conventionally steam or water blanched ones.