Practice abstract #5.8

Legume-based Spreads Consumers Like



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CHALLENGE

Several plant-based consumer goods come from traditional recipes, even before the advent of the emerging animal substitutes, such as dips and spreads. While already existing, there is an opportunity for these products to be innovated through the integration of neglected crops. Studying consumer preferences for modified and processed recipes in this regard is needed.

SOLUTION

Several spreads similar to hummus, baba ghanoush were created from different varieties of neglected crops, namely lupin, faba bean, and chickpea. These spreads were tested for consumer appreciation, especially for their perceptions of these goods, such as their taste/flavor profiles, or whether they seem to be healthier, more processed, or other aspects.

OUTCOME

For all the spreads, consumers provided generally favorable liking scores. However, the different spread types were appreciated differently by the consumers, with the lupin spread being the most similarly appreciated spread compared to the control sample (made of chickpea, which was most liked).

PRACTICAL RECOMMENDATIONS

Underutilized crops can be a strong contender for spread formulations, with most of the spread varieties having been perceived

relatively healthy and natural (less-processed). However, it is important that their development focuses on their textural properties such that they are similar to popular and conventional spread products, to improve consumer appreciation.



FURTHER INFORMATION

Using underutilized crops in processed foods may support dietary diversity, but care is needed to avoid negative effects linked to processing and anti-nutritional factors..

This practice abstract is the result of sensory evaluation tests among adults held in FINS, Serbia to better identify consumer preferences for new products.

About CROPDIVA

CROPDIVA wants to put 6 underused arable crops back in the fields: oats, hull-less barley for human consumption, triticale, buckwheat, faba beans and lupins. 27 European partners are joining forces to enhance agrobiodiversity in Europe. They will achieve this by focusing on crop diversity and creating local value chains. The project is running from September 2021 to August 2025.

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Namazi od mahunarki koje potrošači rado biraju

IZAZOV

Brojni biljni prehrambeni proizvodi kao što su namazi i umaci, zasnovani su na tradicionalnim recepturama i razvijeni su mnogo pre pojave savremenih zamena za proizvode životinjskog porekla. Iako ti proizvodi već postoje na tržištu, ima prostora za inovacije kroz uključivanje zanemarenih biljnih kultura. Sagledano iz ove perspektive, potrebno je ispitati potrošačke preferencije prema izmenjenim i prerađenim recepturama u ovom kontekstu.

REŠENJE

Formulisani su namazi slični humusu i baba ganušu na bazi različitih vrsta zanemarenih biljnih kultura, a konkretno od lupine, boba i leblebije. Ovi namazi su testirani u okviru potrošačkog testa prihvatljivosti, kako bi se ispitala percepcija potrošača, posebno u pogledu ukusa, arome, kao i toga da li ih doživljavaju kao zdravije, više prerađene ili ih ocenjuju prema drugim relevantnim aspektima.

REZULTATI

Svi testirani namazi, bili su prihvatljivi potrošačima. Međutim, različite vrste namaza su bile različito prihvaćene, pri čemu je namaz od lupine dobio ocene najbliže kontrolnom uzorku napravljenom od leblebije. *Koji je ocenjen kao najbolji*.

PRAKTIČNE PREPORUKE

Nedovoljno korišćene biljne kulture mogu biti odličan kandidat za formulacije biljnih namaza, budući da su većina ovih varijanti doživljene kao relativno zdrave i prirodne (manje prerađene). Međutim, važno je da se razvoj ovih proizvoda fokusira na teksturna svojstva, kako bi bila slična popularnim i konvencionalnim namazima, čime bi se poboljšala prihvatljivost od strane potrošača.

DODATNE INFORMACIJE

Tekuća debata o vrednosti i ulozi prerade hrane postaje sve intenzivnija s obzirom na značajan broj istraživanja koja su posvećena ultraprerađenoj hrani. Iako korišćenje zanemarenih biljnih kultura u prehrambenoj industriji može biti strateški važno za povećanje raznovrsnosti hrane, neophodan je pažljiv pristup kako bi ograničila negativna svojstva, uključujući antinutritivna jedinjenja koja mogu biti prisutna u novim proizvodima.

Ovaj kratak izvod praktičnog karaktera rezultat je senzorske analize sprovedene među odraslim ispitanicima, regrutovanih u Srbiji (FINS), sa ciljem boljeg razumevanja preferencija potrošača prema novokreiranim biljnim namazima.

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