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Evaluation of the modified flow diagram of production of heat coagulated milk: characterization of zero-cholesterol qishta

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Qishta is a Middle Eastern hand-made heat coagulated cream product, prepared using full fat powdered milk that is heated and skimmed. This study aimed to assess the effects of replacement of milk fat with vegetable fat on the quality and sensory attributes. Qishta was made by the procedure adopted in the oriental sweets industries in Lebanon (Control). Full fat milk is replaced by a blend of skimmed milk and vegetable fat in powdered form. Compositional parameters, profiles of the fatty acids (FAs) and main microbial groups were analyzed using standard methods. Results have shown that this simple replacement could provide consumers with a wider variety of healthy items, especially for those who suffer from high blood cholesterol, cardiovascular diseases or overweight.

Biography

Mireille Serhan is an Engineer and completed MSc. She obtained PhD in Food Engineering and Biotechnology from National Polytechnic Institute of Lorraine, France. She joined the Faculty of Health Sciences at the University of Balamand in 2009. She is currently the Chairperson of the Nutritional Sciences Program and the Assistant Dean of the Faculty of Health Sciences for Main Campus Programs. Her research interests revolve around the area of preservation of indigenous dairy products, as well as new food products development.

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