

THE QUALITY EVALUATION OF SOME FORTIFIED YOGURT VARIETIES OBTAINED FROM THE MILK MICRO-PRODUCTION WORKSHOP AT IULS IAȘI

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Abstract

Yogurt is an acidified dairy product, similar to cream, obtained by fermenting pasteurized milk and inoculating it with a production STARTER culture composed of lactic acid bacteria. Yogurt is easily digestible due to its lower lactose content compared to pasteurized milk. Additionally, yogurt is considered the healthiest dairy product due to its high content of polyunsaturated fatty acids, proteins, calcium, and phosphorus.

In this paper, we aim to analyze the quality parameters of several types of yogurt produced in the milk processing workshop at IULS Iași, yogurt which we enriched with rose syrup, dehydrated bananas, aronia powder, aronia jam, and natural beetroot colorant. The newly obtained varieties were compared with two types of plain yogurt (a full-fat yogurt with a 3.8% fat content and a normalized yogurt with a 2.6% fat content). According to FAO and WHO, to obtain a value-added yogurt, it is recommended that the added ingredients should constitute between 5% and 15% of the final product.

To establish the quality parameters, sensory and physico-chemical analyses were performed, aiming to determine the water content (%), dry matter content (%), fat content (%), protein level (%), and mineral content (%). Fruit yogurt is not a new concept; however, the one processed by us contains no sugar or other sweeteners. Through the additives we used, we were able to enhance both the sensory characteristics and the nutritional values. Additionally, a lower syneresis was observed in the yogurt with additives compared to the plain varieties or those with only colorant added. From a sensory perspective, the scores were higher, especially for the yogurt with rose syrup.

Key words: yogurt, dairy product, milk, digestible, protein