

EFFECTS OF DIFFERENT COOKING METHODS AND WATER SOURCES ON COOKING QUALITY OF TURKISH RAVIOLI (MANTI)

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Turkish ravioli, known as mantı in Turkey, is a traditional stuffed-dough product. It is mainly small dough pieces stuffed with ground meat or soy protein containing various spices. Mantı is sold either in freshly prepared wet form or in dried form. In either case, it requires cooking in water prior to consumption, which is of great importance on mantı quality. In this study, effects of different heating methods (incubator, autoclave, infrared, microwave and conventional heating) and water types (distilled and tap water) on cooking quality of mantı were investigated. A total of 15 commercial dried mantı samples collected from different producers were included. Each sample was boiled in equal amount of water for 15 min using different heating and water sources, and weight gain, a_w , dry matter loss, color and sensory properties of the samples were determined. The data indicate that heating method and water source have significant influences on weight gain, a_w and sensory properties of mantı. In general, mantı samples boiled in tap water were of better sensory properties than those boiled in distilled water. In terms of heating source, however, incubator was determined to be the best method of cooking.

Keywords: Mantı (Turkish Ravioli), cooking, infrared, microwave, incubator

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