



African Journal of Food Science and Technology (ISSN: 2141-5455)
Vol. 12(2) pp.001-002, March, 2021 Available online
@<https://www.interestjournals.org/food-science-technology.html>
DOI: 10.14303/ajfst.2021.012
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Short Communication

Consumer acceptance of seasoned and unseasoned vegetables

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INTRODUCTION

To improve the physical properties of vegetables, covering the bitter taste of items in vegetables using spice and herb seasoning are gaining attention. Our findings advise that the complete liking of vegetables could be enhanced by incorporating spice and herb seasoning that are exactly formulated for each vegetable. Eventually, developing and commercializing spice and herb seasonings may help to increase vegetable consumption, as well as increasing the vegetable seasoning market (Feng et al. 2018).

Fruits and vegetables are important components of a healthy diet, as significant sources for vitamins, nutritional fibres, and other bioactive mixtures. In addition to providing daily essential nutrients, many studies have found that sufficient fruit and vegetable consumption aids to reduce the risk of many diseases, such as cancer, stroke, and cardiovascular diseases (Luu et al. 2020).

Covering is recognized as the main cause of the low deliciousness issues of vegetables, by overpowering endogenous sweetness and enhancing disliked vegetable aromas. In spite of the bitterness of these mixtures, phytonutrients, and their metabolites have been found to act as antioxidants, phytoestrogens, and enzyme inducers. Hence, instead of eliminating phytonutrients, covering is a better option to progress the flavour profiles of vegetables while maintaining their dietary value. As we know that salt is capable of covering bitterness. However, it is essential to control the sodium quantity in seasonings. Therefore, vegetable seasonings with less sodium content are wanted to minimize the adverse effects.

Ingredients

From local grocery stores we can obtain broccoli, cauliflower, carrots, and green beans and were held at fridge until use. Soybean vegetable oil, iodized table salt, ground ginger, garlic powder, dried ground cayenne chili pepper, onion powder, dried dill weed, ground black pepper, ground coriander seed, and dried parsley all these ingredients were included in the possible seasonings of the different vegetables. The seasoning used for every vegetable was dissimilar, because every vegetable has their flavour which is different from others. We know that, flavor covering was stated primarily due to the presence of sulphur flavour mixtures such as diallyl disulfide. However, the unpleasant flavors present in each vegetable differ widely, so the degree of covering is a consequence of complex interactions, rest of them is unpredictable and unfamiliar. Therefore, the plan of developing a specific seasoning in this study was to combine a group of herbs that are rich in sulfur flavour mixtures, such as onion, pepper, garlic, which levels were enhanced based on internal panel conversation.

Sample preparation

Following is the pre-designed protocols were the vegetables are cooked in the kitchen facility. Exactly, each batch containing some amount of vegetables were annoyed in a perforated pan in an oven for some time, and then mixed with pre-weighed salt and soya bean. This is a distinctive preparation for vegetable. If no additional seasoning was used besides oil and salt, the samples were chosen as unseasoned. The samples chosen seasoned were

added a premeasured seasoning mixture in adding to the oil and salt (Manero et al. 2017).

CONCLUSION

The results from this study confirmed that seasoned vegetables feature meaningfully greater acceptance rating when compared to unseasoned vegetables. It was also found that the favourite of specific and general vegetable likers deviates across dissimilar types of vegetables. The reason is attributed to the difficulty of physical properties when vegetables are combined with seasonings. Future study could further expose the interaction between the aromatic mixtures distinctive to the vegetables and in different types of seasoning in order to recognize the optimal combination of vegetable and seasoning.

It would also be exciting to recognize the chemical mixtures in seasoning that interrelate with flavour components of different vegetable types, in order to exactly model how the flavour mixtures would come about serving as drivers of liking. For future studies, focus groups may be conducted to enquiry the reasons for liking or disliking a vegetable product.

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