CHAPTER 9

FLAVOURS

Definition- Flavor is an important attribute of food which contributes to its palatability &

acceptance. It is produced by aromatic chemicals that stimulate our senses of odour & taste. Flavors may be consisting of 100 or more chemicals present in varying proportions. Flavors are classified as natural flavor, processed flavor & added flavor which may be natural extracts or essential ails in an alcoholic base or they may be synthetic chemicals which are blended to match a natural flavor as closely as possible.

Description of Food Flavor

Tea: Tea is not to be considered as a food but as refreshing and stimulating beverages. The

nutritional contribution of 1 cup is extremely low but since it is not unusual for individuals to consume 6 to 8 cups of tea or coffee every day, even the mini scale nutrients contributed by them would have significance.

Flavor and quality depend on quality of ingredients, quality of tea leaves per cup and time of steeping the tea leaves. Majority of persons do not like a very bitter cup of tea, therefore, it is necessary to limit the time of steeping tea leaves in boiling water b/w 1 & 3 minutes to get the desired strength of beverages. The tea should be strained at the end of steeping into the teapot for serving to avoid excess bitterness in later portions of tea. The quantity of tea leaves varies with taste, 1 tsp for three cups gives a very light golden colored tea; 1 tsp per cup is used when a strong dark extract is desired. Addition of sugar and milk to the final "cup" will contribute to calories and proteins.

Minerals such as manganese, Fr, Cu & F_2 (fluorine) are found in significant amount in tea.

Generally, tea is sweet stimulating or refreshing drink.

Coffee: Also a stimulating drink. Extract flavor with boiling water in a filter or percolator. The soluble extract of roasted, ground coffee beans constitutes the beverage. It is necessary to avoid loss of flavors substances by using temp. b/w 90° – 95° C. The time of extraction should be carefully controlled to avoid extraction of undesirable amount of bitter substances. Coffee is served as such or with addition of hot milk & sugar as desired. It makes it sweet & reduces the bitterness & darkness.

It can be served hot or cold. If hot then never boil coffee, as it results in loss of aroma and flavor. The stimulating action of tea and coffee is attributed to caffeine, theobromine and theophylline, all of which are alkaloids, cocoa provides us with theobromine. Consumption of caffeine increases output of work but accuracy is decreased. Excessive intake

has adverse effect on the health of a person. In pregnant women, excessive intakes can affect their foetus.

Caffeine Content of Beverages

Beverages	Caffeine in mg/140ml
Coffee	90
Percolated Coffee	90-120
Instant Coffee	66-74
Tea	30
Chocolate	20
Cocoa	10

Wine: Wines are alcoholic beverages, mainly made from grapes, toddy from palm exudates.

Tribal people make wine from flowers of the mahua tree. Controlled fermentation of sugar is the main process used to produce products with varying amount of alcohol and flavor components. It is usually made from glucose or any sugar naturally present in the food. Different food stuffs can be used in the making of various alcohol beverages ike wine, odex, brandy, whisky etc.

It must be noted that alcohol is a narcotic, a drug a sedative. It provides energy to some extent. It is very rapidly absorbed in the body. Dilation of blood vessel occurs due to its rapid absorption and as a result blood flows towards the surface. Needs to be taken in moderation to avoid adverse effects . serve with snacks to dilute the effect on the systems.

Meat: Flesh food includes meat, poultry and fish. The term meat is used for red meats from animals sources, such as beef, veal, pork, lamb or high biological value, 5-40% fat, B-complex vitamins, Fe & phosphorus. Different types of meat products are available include frozen dressed chicken, ready to eat products such as kabab, sausages, etc. they are salty in taste.

Fish: Fish furnishes first class proteins, which are superior to meat and almost equal to milk. It contains 18-20% protein. It has less than 2% fat in their flesh. It is salty since salt is added during the time of cooking to impart flavor in it.

Spice: Spice in india are widely used in foods cooked everyday to add flavor. Taste & colour. Spices are fragment, aromatic or pungent and are valued for their essential oils like pepper contains piperine. Cardamom contains 3-5% of an aromatic volatile oil, very much valued in food flavoring. Spice may be used

in whole or ground form. Cloves & black pepper is used in some rice preparations such as pulao, khichadi, etc. Almost all spices are used as flavoring agents.