EFEITO DO TRATAMENTO TÉRMICO NA TEXTURA ISCAS DE CARNE PARA ADULTOS A PARTIR DE 60 ANOS

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Among protein sources, animal-derived foods are recommended as the first option for the elderly due to their nutritional profile. Beef is a significant source of micronutrients for the health of the elderly, such as B-complex vitamins, iron, and zinc. According to reports from the Brazilian Society of Geriatrics and Gerontology, the elderly desire to consume beef, but face difficulties related to the chewing and slow digestibility of this meat. The objective of this study was to evaluate the effect of heat treatment on the texture and shear force of beef strips. To evaluate the outcome, the chewiness parameter, which correlates better with sensory texture attributes and is suitable for the target audience, was chosen. The meat was cut into cubes of three sizes, 1cm x 1cm (C1), 2cm x 2cm (C2), and 3cm x 3cm (C3), the strips were blanched in water with 1.5% NaCl, and

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packed in metallic pouches. A brine composed of 1.5% salt and 1.5% vinegar was used, which was added to the strips before closing the pouches. The samples were processed in a Steriflow® autoclave (France). Different heat treatment times were evaluated, with F0 values of 6 minutes (F1), 10 minutes (F2), and 14 minutes (F3), resulting in 7 processes: P1 (C1 and F1), P2 (C1 and F3), P3 (C3 and F1), P4 (C3 and F3), P5 (C2 and F2), P6 (C2 and F2), and P7 (C2 and F3). For the TPA analysis, Probe P36R was used, with 15 repetitions made for each sample. The results were evaluated considering means and standard deviations less than 6N. The beef strips from processes P1, P2, and P7 showed lower chew resistance, indicating a softer texture and potentially more suitable for consumption by adults aged 60 and above.

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