IMPROVEMENT OF COOKIE TECHNOLOGY USING PLANT-BASED RAW MATERIALS

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More and more people are paying attention to the composition, nutritional and biological value, and functionality of the foods they consume. Given that cookies are a significant part of children's diets, parents are increasingly concerned about the presence of trans fats and synthetic food additives in these treats. This makes it essential to study the need for cookie enrichment, reduce trans-fat content, and expand the product range.

These consumer concerns drive the development of the domestic organic food market. Developing such a product assortment requires the use of unconventional raw materials to enrich food products, including shortbread cookies.

Since shortbread cookies should retain a familiar appearance and texture for consumers, we propose using enrichment additives to replace traditional wheat flour and fats.

It’s also worth noting that after oil extraction from unconventional raw materials, manufacturers accumulate a substantial amount of by-products like meal or cake, as these sources typically have low oil content. With advanced extraction methods, these by-products (meals) are free of harmful substances. They can actually serve as "reservoirs" of nutrient-dense bioactive substances, making them suitable as bioactive food additives for human nutrition. Additionally, these products contain significant dietary fiber, known for its stabilizing effect on emulsion systems.

All of the above highlights the importance of research focused on finding unconventional raw materials that can reduce the content of hardened vegetable fats in shortbread recipes and enrich them with beneficial nutrients. We believe that rosehip and its processed products are a promising raw material for this purpose.