

# **Sensory And Nutritive Qualities Of Pork Strips Prepared By Three Household Cooking Techniques<sup>1</sup>**

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## **Abstract**

The sensory and nutritive qualities of pork strips cooked by household broiling, microwaving, and stir-frying methods were determined. Fresh pork hams from two sources were cut into 0.5 × 2.5 × 4 cm strips having no separable fat. Pork strips were cooked by each method, three replications, to 66C internal temperature. Sensory qualities were evaluated by a 14-member trained panel consisting of lifelong Nebraska Caucasian women and men. Nutrients which Americans frequently consume in low quantities were measured. Pork strips that were cooked by stir-frying were significantly browner, more tender, and more juicy than those cooked by broiling or microwaving. Strips cooked by stir-frying were significantly more characteristic in flavor than those cooked by broiling but not microwaving. Significantly more vitamin B<sub>6</sub>, thiamin, iron, magnesium, and zinc were retained in strips cooked by stir-frying than by the other two methods. Sensory attributes of pork strips cooked by stir-frying were generally more desirable and nutrient retention values higher than those cooked by microwaving or broiling.

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