Sensory And Nutritive Qualities Of Pork Strips Prepared By Three Household Cooking Techniques

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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 66°C 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 B6, 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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