FERMENTED WHEAT BASED ENDOGENOUS KISHK SA’EEDI:
PROXIMATE COMPOSITION AND SENSORY EVALUATION

Zahra S. AHMED1, Safaa S. ABOZED1, Shaimaa ADDELAZIZ1, Keith TOMLINS2, Christian MESTRES3, Sameh AWAD3, Habiba HASSAN-WASSEF3, Dominique PALLETT3

1National Research Centre, Cairo, EGYPT
2Natural Resources Institute, University of Greenwich, Greenwich, UK
3CIRAD, Montpellier, Cedex, FRANCE
4Faculty of Agriculture, Alexandria University, Alexandria, EGYPT

INTRODUCTION
Kishk Sa’eeedi KS is a homemade fermented wheat-based stable food that has been produced and eaten among the inhabitant of the southern part of Egypt since the time of the ancient Egyptians. The KS consists of two main ingredients namely: whole parboiled locally grown freshly harvested wheat and unfermented skimmed buttermilk (Laban Zeer). Despite KS is part of the rich food heritage of Egypt, it received limited attention by researchers and it has not been fully investigated to date. This work present the first piece of evidence pertaining to proximate composition and sensory evaluation.

OBJECTIVE
The main objective of this work is to:

- determine proximate composition of KS with varied quality characteristics,
- explore the sensory quality criteria as perceived by the traditional consumers.

MATERIALS AND METHODS
Chemical compositions 35 KS samples representing the wide spectrum of quality, pH, and titratable acidity were determined using official standard methods. The KS samples were subjected to sensory evaluation by (7males and 12 females, age 21-37). Mean intensity of quality descriptor attribute QDA and Principal component analysis were conducted.

RESULTS
pH and titratable acidity
pH ranged from 3.81 to 4.64 in all samples and total titratable acidity ranged from 1.36 to 1.74% (g/g lactic acid equivalent).

Proximate analysis
Chemical compositions of KS samples (g 100 g on dry matter basis) of the KS fell within the following ranges: The moisture content ranged between 7.06%±0.04 to 13.27%±.03; ash 4.73%±0.00 to 10.36%±0.05; protein 15.11%±0.53 to 21.51%±.31; fibre 6.72% ±0.09 to 4.96%±2.4; fat 3.59%±0.34 to 12.21%±0.32; and carbohydrate 44.44%-65.75%.

Mineral content
A wide range of minerals in varying concentration were detected in samples but the most abundant was sodium 899+1.41 to 2754 +2.83pm followed by phosphorus 135+0.57 to 227.5+7.78 ppm. Significant difference (p<0.05) in calcium, iron, magnesium, zinc and copper content were reported.

Sensory evaluation
Quantitative descriptive analysis (QDA) coupled with principal component analysis (PCA) was used to study the interrelationship among and between 17 developed sensory attributes regarding appearance, odour, flavour and texture of the samples. Mean intensity ratings of all descriptive attributes were significant differences (p<0.05). In general, high ratings for creamy colour, fresh odour, KS taste and fracturability are considered as positive effects that would be favoured by panellists while increase in caramel colour, sour taste, denseness and mouth coating are regarded as undesirable.

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