

Study backs addition of fibre in partially baked breads 28 August 2012

Bakeryandsnacks.com (28/08/2012) reported on a new study published in Food Hydrocolloids, which aimed to optimise the composition of a blend of inulin, pectin and guar gum to enrich the fibre content of partially baked frozen bread without impairing its technological quality.

The research team from University of Zagreb, Croatia, aimed to create a fibre rich product in the form of partially baked frozen (PBF) bread. The baking industry is trying to offer benefits to consumers, including freshly baked breads. As a result, partially baked frozen technology is a growing industrial practice. The PBF process involves controlled partial baking, before freezing and storing of bread. This is followed by rebaking at the point of sale or by the end-user.

As part of the study the effects of inulin, pectin and guar alone and in combination were investigated in terms of the quality and stability of partially baked frozen breads using response surface methodology. It was discovered that PBF breads stored frozen for one day and rebaked, containing a blend of all three components improved the specific volume, crumb hardness and chewiness. The final optimised blend contained 3% inulin, 0.9 to 1% pectin and 0.3 to 0.4% guar.

This work may help increase the marketing of breads that provide consumers with a convenient source of fibre for a range of health benefits. It is also hoped that fibre blends with compositions similar to the one examined may be beneficial in the production of gluten-free bread, which is known to be of particularly low nutritional value.

Source: [Food Hydrocolloids](#)

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“Combined effects of inulin, pectin and guar gum on the quality and stability of partially baked frozen bread”

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