

# Hanaa Mohammed

# بسم الله الرحمن الرحيم

مركز الشبكات وتكنولوجيا المعلومات قسم التوثيق الإلكتروني





# Safaa Mahmoud



# جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها على هذه الأقراص المدمجة قد أعدت دون أية تغيرات





# PROPERTIES OF BAKERY PRODUCTS SUPPLEMENTED WITH VARIOUS PROTEINS

By

#### ENSAF OSAMA BESHIR DARWISH

B.Sc. Agric. Sci. (Food Technology), Fac.of Agric., Cairo University, 2010

A Thesis Submitted in Partial Fulfillment Of The Requirements for the degree of

MASTER OF SCIENCE in Agricultural Sciences (Food Science & Technology)

Department of Food Science Faculty of Agriculture Ain Shams University

## **Approval Sheet**

# PROPERTIES OF BAKERY PRODUCTS SUPPLEMENTED WITH VARIOUS PROTEINS

By

## **ENSAF OSAMA BESHIR DARWISH**

B.Sc. Agric. Sci. (Food Technology), Fac.of Agric., Cairo University, 2010

This thesis for M.Sc. degree has been approved by:		
<b>Dr. Sahar Ramadan Abd El -Hady</b> Prof. of Food Science and Technology El-Shaikh University	y, Faculty of Agriculture, Kafr	
Dr. Alaa Abd EL-Rashid Mohamed Prof. Emeritus of Food Science a Agriculture, Ain Shams University	and Technology, Faculty of	
<b>Dr. Mohamed Farag Khallaf</b> Prof. Emeritus of Food Science a Agriculture, Ain Shams University	and Technology, Faculty of	
Dr. Yosry Ahmed Abdel- Daim Prof. Emeritus of Food Science a Agriculture, Ain Shams University	and Technology, Faculty of	

**Date of Examination:** / / 2022

# PROPERTIES OF BAKERY PRODUCTS SUPPLEMENTED WITH VARIOUS PROTEINS

By

#### ENSAF OSAMA BESHIR DARWISH

B.Sc. Agric. Sci. (Food Technology), Fac.of Agric., Cairo University, 2010

#### **Under the supervision of:**

#### Dr. Yosry Ahmed Abdel- Daim

Prof. Emeritus of Food Science and Technology, Department of Food Science, Faculty of Agriculture, Ain Shams University (Principal Supervisor)

#### Dr. Mohamed Farag Khallaf

Prof. Emeritus of Food Science and Technology, Department of Food Science, Faculty of Agriculture, Ain Shams University

#### Dr. Rezk Azab Awad

Prof. Emeritus of Dairy Science and Technology, Department of Food Science, Faculty of Agriculture, Ain Shams University

#### **ABSTRACT**

Properties of bakery products supplemented :Ensaf Osama Beshir with various proteins. Unpublished M.Sc. Thesis, Department of Food Science, Faculty of Agriculture, Ain Shams University, 2022

This study aimed to improve the nutritional value, rheological and sensory properties of bakery products by supplementing wheat flour with different levels of lupin flour and /or whey protein concentrate for and puff pastry as a functional producing a semi hard sweet biscuit products. Protein and other investigated contents (except carbohydrate) were raised gradually by raising replacing percentage, Sensory evaluation recommended that treatment (4) which replaced wheat flour with (15% lupin flour + 7% whey protein) in biscuit had highest score in color parameter, crust appearance, texture and aroma. Sample (4) had highest taste score comparing to control, but samples (5,6) (which reached 70% replacing percentage) showed lowest score for taste. Treatment (5) which (replaced wheat flour with 10 % lupin flour + 10% whey protein concentrate) showed the highest score in sensory evaluation of puff pastry after control sample. Amino acids profile showed raising in TEAA, TNEAA content with the highest replacing percentage in both of biscuit and puff pastry.

Results assured the possibility of using either sweet lupin flour and / or whey protein concentrate as supplementants for producing both of two functional foods (semi – hard sweet biscuit and puff pastry) contained various levels of either plant or animal protein in order to minimize the production costs in addition to rise the nutritional value of these new bakery products.

**Keywords:** Sweet lupin, Whey protein concentrate, Biscuit, Puff pastry, Chemical composition and Amino acids profile.

#### **ACKNOWLEDGEMENT**

I wish to express my deepest gratitude and sincere appreciation to **Prof. Dr. Yosry Ahmed Abdel- Daim,** Professor of Food Science and Technology, Department of Food Science, Faculty of Agriculture, Ain Shams University, for his supervision, useful advice, guidance throughout this investigation.

My deepest thanks and appreciation to *Prof. Dr. Mohamed Farag Khallaf,* Professor of Food Science and Technology, Department of Food Science, Faculty of Agriculture, Ain Shams University, for his supervision suggesting the research problem, planning of this investigation and his help in the preparation of this manuscript and all the steps of implementation of thesis.

Also, I would like to thank Prof. *Dr. Rizk Azab Awad*, Professor of Dairy Science and Technology, Department of Food Science, Faculty of Agriculture, Ain Shams University, for his supervision, useful advice, guidance throughout this investigation.

Special thanks to *Dr. Masoud Abdel-Azem Kamel,* Researcher Associate Professor of Food Technology, Food Technology Research Institute, Agricultural Research Center, for his help in the practicing part.

I would pay the greatest tribute to the patience and understanding of my family, who were the most supportive people to me.

# **CONTENTS**

	Page
LIST OF TABLES	IV
LIST OF FIGURES	VI
LIST OF ABBREVIATIONS	VII
1.INTRODUCTION	1
2.REVIEW OF LITERATURE	8
2.1. Wheat flour	8
2.2. Lupin	12
2.3. Whey	17
2.4 Bakery products	21
3.MATERIALS AND METHODS	28
3.1. Materials	28
3.1.1. Wheat grain	28
3.1.2. Whey protein	28
3.1.3. Lupin	28
3.1.4. Other materials	28
3.2. Methods	28
3.2.1. Preparation of Lupin flour	28
3.2. 2. Pre- test samples	28
- Pre-test blends composition of biscuit	29
<ul> <li>Pre-test blends composition of puff pastry</li> </ul>	30

	Page
- Blends composition of biscuit	30
- Blends composition of puff pastry	31
3.2.3 Chemical analysis	33
3.2.4. Rheological properties	33
3.2.4.1. Farinographm	33
3.2.4.2. Extensoghram	34
3.2.4.3. Alveograph	35
3.2.4.4. Falling number	35
32.4.5 Gluten content	35
3.2.4.6. Amylograph	36
3.2.5. Baking techniques	36
3.2.5.1. Biscuit	36
3.2.5.2. Puff pastry	37
3.2.6. Sensory evaluation	38
3.2.7. Physical characteristics	38
3.2.8. determination of water activity	38
3.2.9. Texture analysis	36
3.2.10. Amino acids	40
3.2.10.1. Protein quality measurements	40
3.2.10.2. Essential amino acids index (EAAI)	40
3.2.10.3. Protein efficiency ratio (PER)	40

	Page
3.2.10.1.4. Biological value (BV)	40
3.2.10.5. Chemical score (CS)	40
3.8. Statistical analysis	41
4. RESULTS AND DISCUSSION	40
4.1.1. Chemical composition	40
4.1.1. Main ingredients	41
4.1.2. Semi – hard biscuit chemical composition	41
4.1.3. Puff pastry chemical composition	43
4.2. Physical analysis	45
4.2.1. Semi – hard biscuit	45
4. 2.2. Puff pastry	46
4.3. Texture analysis	46
4.3.1. Semi – hard biscuit	46
4.3.2. Puff pastry	47
4.4. Sensory evaluation	48
4.4.1. Semi – hard biscuit	48
4.4.2. Puff pastry	51
4.5. Rheological properties	54
4.5.1. Farinograph measurements	54
4.5.1.1. Biscuit	54
4.5.1.2. Puff pastry	60

	Page
4.5.2. Extensograph	66
4.5.3. Alveograph	67
4.5.4. Falling number	67
4.5.5. Gluten content	67
4.5.5.1. Biscuit	67
4.5.5.2. Puff pastry	68
4.3.2. Amylograph measurements	69
4.3.2.1. Biscuit	69
4.3.2.2. Puff pastry	76
4.4. Amino acid profile	83
4.4.1 Biscuit	83
4.4.2 Puff pastry	87
5. SUMMARY & CONCLUSION	92
6. REFERENCES	104
ARABIC SUMMARY	

# LIST OF TABLES

Гable No.	Title	Page
1	Pre-test blends composition of biscuit	29
2	Pre-test blends composition of puff pastry	30
3	Chosen treatments of wheat flour 72% extraction with different levels of lupin flour and whey protein used in biscuit	30
4	Chosen treatments of wheat flour 72% extraction with different levels of lupin flour and whey protein used in puff pastry	31
5	Formula used for producing semi- hard sweet biscuit	37
6	Formula used for producing puff pastry	38
7	Proximate chemical composition of used raw materials	40
8	Chemical composition (%) of biscuit produced from wheat flour 72% extraction supplemented with different levels of lupin flour and whey protein	42
9	Water activity $(a_w)$ of supplemented biscuit with different levels of Lupin flour and whey protein concentrate	
`10	Chemical composition of puff pastry produced from wheat flour 72% extraction substituted with different levels of lupin flour and whey protein	44
11	Water activity (aw) of supplemented puff pastry with different levels of Lupin flour and whey protein concentrate	44

Table No.	Title	Page
12	Physical analysis of biscuit with different supplemented level of lupin flour and whey protein concentrate	45
13	Physical analysis of puff pastry with different supplemented level of lupin flour and whey protein concentrate	46
14	Texture Analysis of biscuit produced from soft wheat flour 72% ext. rate supplemented with different levels of lupin flour and whey protein concentrate	47
15	Texture Analysis of puff pastry produced from soft wheat flour 72% ext. rate supplemented with different levels of lupin flour and whey protein concentrate	48
16	Sensory evaluation of biscuit supplemented with different levels of lupin flour and whey protein concentrate .	49
17	Sensory evaluation of puff pastry produced from wheat flour 72% extraction substituted with different levels of lupin flour and whey protein concentrate	52
18	Effect of supplementing biscuit with different levels of lupin flour and whey protein concentrate to extraction on farinogram measurements	54
19	Effect of supplementing puff pastry with different levels of lupin flour and whey protein concentrate on farinogram measurements	60
20	Effect of supplementing biscuit with different levels of lupin flour and whey protein concentrate to wheat flour 72% extraction on Alveograph measurements	66

Table No.	Title	Page
21	Effect of supplementing puff pastry with different levels of lupin flour and whey protein concentrate to wheat flour 72% extraction on Alveograph measurements	66
22	Effect of supplementing biscuit and puff pastry with different levels of lupin flour and whey protein concentrate to wheat flour 72% extraction on falling number values.	67
23	Effect of supplementing biscuit with different levels of lupin flour and whey protein concentrate to wheat flour 72% extraction on Gluten and starch damage values	68
24	Effect of supplementing puff pastry with different levels of lupin flour and whey protein concentrate to wheat flour 72% extraction on Gluten and starch damage values	68
25	Effect of supplementing biscuit with different levels of lupin flour and whey protein concentrate on amylogram measurements.	69
26	Effect of supplementing puff pastry with different levels of lupin flour and whey protein concentrate on amylogram measurements	76
27	Amino acids profile of biscuit samples (g/100gm protein) supplemented with suggested materials	84
28	Essential amino acids composition (g amino acid / 100g protein) of biscuit produced from wheat flour supplemented with different levels of lupin flour and	
	whey protein concentrate	85
29	Protein quality parameters of biscuit	87

Table No.	Title	Page
30	Essential amino acid composition (g amino acid / 100g protein) of puff pastry produced from wheat flour 72% extraction supplemented with different levels of lupin flour and whey protein concentrate	89
31	Essential amino acids composition (g amino acid / 100g protein) of puff pastry produced from wheat flour 72% extraction supplemented with different levels of lupin flour and whey protein concentrate	90
32	Protein quality measurements of puff pastry	91