

Poster Abstract – 2018 World Salt Symposium

Title:

Influence of selected salt qualities and carrier systems on saltiness perception in bread rolls

Authors:

A. Bongartz, N. Fischer*, U. Hofmeier^{a,b}, M. Kinner, M. Popp, F. Richter, S. Trachsel^a

Zurich University of Applied Sciences, Waedenswil, Switzerland

^a Swiss Salt Works, Pratteln, Switzerland

^b Presenter

*to whom correspondence should be addressed (norbert.fischer@zhaw.ch)

Abstract:

Lowering salt levels in bread is a recommendation often given by Governmental authorities, due to potential health concerns associated with salt intake. This feasibility study investigated the perceived saltiness in bread rolls that were prepared using selected salt qualities provided by the Swiss Salt Works. A standardized dough recipe for bread rolls that were produced on semi-industrial bread-making equipment served as the model for the sensory study. The perceived saltiness of the finished rolls was analyzed by a trained sensory expert panel. The effect of using different salt qualities and dosages in the recipe, as well as adding salt via salt-loaded cereal carrier systems on the perceived saltiness was investigated in comparison to a standard recipe. It could be shown that the influence of salt qualities on perceived saltiness was negligible. The use of salt-enriched carrier systems in the recipe showed the potential to reduce the total amount of salt in bread rolls without reducing the perceived saltiness.

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