

Low Fat Meat Products - An Overview

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Abstract

Meat is an excellent source of valuable nutrients. Meat fat acts as a reservoir for flavor compounds and contributes to the texture of product. There are diverse possible strategies for developing low fat meat and meat products. Reducing the fat content in products leads to a firmer, rubbery, less juicy product with dark color and more cost. Other technological problems like reduction in particle binding, reduced cook yields, soft and mushy interiors, rubbery skin formation, excessive purge and shortened shelf life are also associated with reduction in fat levels. This paper describes Procedure of reducing fat content, Selection of additives, Protein, Carbohydrate and fat based fat replacer and Super critical fluid extraction.

Keywords: Fat, Meat, Fat replacer, Additives, Protein, Carbohydrate.