

## Novel snack inspired from the traditional Egyptian kishk Sa'eedi: Compositional, microbiological and microstructural qualities

Un nouveau snack inspiré du traditionnel Kishk Sa'eedi égyptien: Qualités micro-structurelles, microbiologiques et de composition

Présentateur/Presenter

**Zahra S. AHMED**

Kishk Sa'eedi (KS) is a homemade fermented wheat-based stable food that has been produced and eaten in Upper Egypt since the time of ancient Egyptians. Despite KS is part of the rich food heritage of Egypt it has, for the first time, been subjected to a full scientific investigation within the framework of the EC funded AFTER Project (African Food Tradition rEvisited by Research). The high nutritional as well as functional quality of the traditional KS, calls for an innovative research to produce second generation KS products that are adapted to the preferences of the modern consumer and to the demands of modernity. The purpose of this study was to prepare a novel cereal-based snack inspired from KS and to investigate the proximate chemical composition (i.e. moisture, protein, ash, acidity, and minerals), and the microbial quality. The microstructure properties of the new product were investigated as well.

The new KS snack was made from a dough containing salt, cumin, mixture of butter milk and full fat milk (inoculated by cutler of *Lactobacillus rhamnosus*, *Lactobacillus gasseri*, *Lactococcus lactis subsp lactis*), and either parboiled whole wheat (PWW) or soaked then parboiled whole wheat (SPWW). After fermentation, the dough was shaped, dried and grounded to a powder. The chemical composition (g/kg on dry matter basis) of the novel KS snack fell within the following ranges: moisture 9.7- 11.2, protein 18.3-21.7%, and ash 7.43-10.63%.

KS snack was good dietary source of fiber and minerals besides being a way for youth to become engaged with their traditions, culture, and health through food. The microstructure analysis of the KS snack was consistent with that reported for relevant snack.

### Co-auteurs

AHMED	Zahra	National Research Centre, Cairo, EGYPT
ABOZED	Safaa	National Research Centre, Cairo, EGYPT
AWAD	Sameh	Faculty of Agriculture, Alexandria University, Alexandria, EGYPT
MESTRES	Christian	CIRAD, Montpellier, Cedex, FRANCE
PALLET	Dominique	CIRAD, Montpellier, Cedex, FRANCE



*African food tradition revisited by research*

*Project coordinator : Cirad  
www.after-fp7.eu*

## African Food Tradition rEvisited by Research



### **REPORT ON THE AFTER Congress** Dakar - Senegal, 11 and 12 November 2014

Congress organised by ESP-UCAD, CIRAD and AAFEX



This project has received funding from the European Union's Seventh Framework Programme for research, technological development and demonstration under grant agreement no. 245-025

