New ham product with seaweed

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The aim of this study was to develop a new ham product with seaweed added as a healthy ingredient. Seaweed has high levels of vitamins, minerals, flavonoids, and antioxidants and is considered very healthy. The seaweed types Wakame or Dulce were added to the recipe, in 1 % dry weight of each, which resulted in a ham with distinctly different appearance. Wakame resulted in small green flakes and Dulce in small red flakes in the ham. Cooking loss was 0.4 % for ham added Wakame, 1.2% for ham added Dulce and 0.3% for the traditional ham (reference), respectively. It showed that adding Dulce affected the cooking loss negatively. Texture and slice ability was not affected by the seaweed. Addition of seaweed did not affect the shelf life of sliced MA-packed (30% CO₂ /70%N₂) ham. Consumer test was performed using a holistic analysis. Consumers were asked to associate the products with emotional responses. The products added seaweed were described as exciting, surprising, exotic, healthy, strange and delicious, but also a bit boring due to the fact that the taste did not differ as much as expected from the exciting new appearance. The consumers in the test group reacted very positively to the addition of seaweed as a healthy ingredient and 78% of the women and 52% the men reported that they would like to buy the product.