The effect of basil (Ocimum basilicum) as antioxidant during the cod desalt process.

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A new life-style has promoted changes in food industry as ready-to-eat food. Salted cod (Gadus morhua) needs to be desalted before consume so desalted cod production is a trend. Desalting process is normally done by consumers and requests at least 24 hours. Salt accelerates lipid oxidation influencing shelf-life time. Antioxidants naturals is a good alternative to prevent lipid oxidation. This study analyzed the antioxidant activity of basil (Ocimum basilicum) during desalt process. Desalting was carried out in 48 hours. Samples were obtained in 1, 3, 5, 9, 23, 35, 48 hours and were weighted to determine weight changes. Moisture were determined by AOAC method 952.08. For water activity was used Aqualab 3T. Best-fit ratio in samples with and without basil was respectively: \( R^2 = 0.9914 \) and \( R^2 = 0.9005 \) for weight gain, \( R^2 = 0.9042 \) and \( R^2 = 0.9374 \), for moisture and \( R^2 = 0.9042 \) and \( R^2 = 0.9374 \) for water activity. In weight gain, both treatments gained weight very fast in the first 10 hours, but samples with basil had a superior gain, achieving 25% in the end while another samples had just 20%. Water activity values for samples with basil had lower values. It can be associated with the values of moisture that was lower in samples with basil too, probably caused by the effect of basil. Major values for samples with basil can be due to basil absorption. Basil addiction can be a good alternative in desalting process due its advantages, but more studies are still necessary.

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