Chemical characterization of the Portuguese gastronomic specialty “Lamb from Monção”


1 Escola Superior Agrária de Ponte de Lima, Instituto Politécnico de Viana do Castelo, Portugal
2 Escola Superior Agrária de Bragança, Instituto Politécnico de Bragança, Portugal

eduardaoliveira@esa.ipvc.pt

Alto-Minho is located in the Portuguese Costa Verde region, highly rich in culture, rites and traditions. Portuguese gastronomy is a means of destination differentiation in a globalized society, stimulating the entire agro-food chain and tourism and the preservation of cultural heritage. Lamb of Passover is a Jewish tradition, reflected today in the “Alto Minho” cuisine, especially in Monção. "Lamb from Monção" is roasted in an emblematic wood oven and lamb fat drops into the peculiar golden, steaming rice, served in typical colorful ceramic. This work aimed to perform “lamb from Monção” chemical characterization, as part of the registration procedure for qualification as traditional speciality guaranteed (TSG). Chemical characterization was performed on rice and lamb meat, taking into account the following parameters: pH, moisture, crude protein (Kjedahl N x 6,25), fat (ether-extractable fat and fatty acids profile) and ash contents. A total of 14 samples from catering and private parties were analyzed.

Rice average protein is 3.76% and 31.71% for lamb meat. It is a traditional dish with high fat content (16.63%) in rice and 3.35% in lamb, statistically correlated (P<0.01). It should be noted, the significant correlation (p <0.05) between fat and pH, and between rice pH and lamb pH (5.75 and 5.88, respectively). Parameters mentioned have a normal dispersion, and it has been found that 25% of the fat present in rice is explained by the fat of the Lamb, and 39% of rice pH variation is related to fat rice. TSG registration will provide protection on composition and manufacturing procedures.