MEAL PREPARATION OF THE AVOCADO PULP: RECLAIMING THE WASTE OIL EXTRACTION

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The avocado presents a high quantity of lipids that enables the extractions of this oil, however the residual material that results from the pressing of the pulp, has not been used for the development of new food formulations. The aim of this work was to produce a flour with the residue of the avocado, of the “Daisy” variety, as raw material in bakery products. Physical-chemical analyzes were performed in triplicate in the fresh pulp, flour and avocado oil (total soluble solids, titratable acidity, relation ATT/SST, pH, humidity, ash, proteins, lipids, acid rate, saponification index and water activity). The results showed that the fresh pulp has the right parameters, especially about the total soluble solids content, very important in the drying period. There was a grateful use in the avocado oil extraction, that seemed to be a good quality product even if not refined. However, the developed flour showed a high quantity of lipids (37.5%) which agrees with the acidity index in this raw material (3.54%). In the other analyses, the ash, proteins and humidity values were similar for the Wheat flour legislation. For the water activity, the flour and water that were combined were eliminated during the drying process. It follows that the flour could be elaborated, but, additional methods, like oil neutralization and the recovering of the fatty material of the pulp that is previously pressed are indicated to reduce the lipids content in the flour.