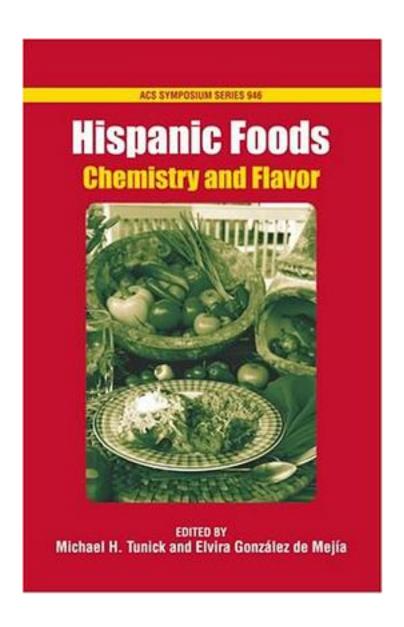
Hispanic Foods



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Hispanics are the largest and fastest-growing minority in the United States, and consumption of Hispanic-type food has been rapidly increasing. Some of the most popular foods, such as cheese, beans, and tea, have been subjected to little scientific investigation, which inhibits their use by food processors and in public food programs. Chemistry and Flavor of Hispanic Foods covers these foods and others that are characteristic of Hispanic cuisine. The opening chapter details the Hispanic influence in restaurant menus, prepared foods, beverages, and flavors, and includes demographic and market data along with suggestions for food processors. Following chapters describe demographics of Hispanic snack food flavors, chemistry of Hispanic dairy products -- including cheeses, creams, yogurts, and desserts -- and a comparison of Mexican and European oregano. Mexican peppers, including chipotle, are gaining in popularity in the U.S., and two chapters on their flavor compounds are included. The chemistry and biological activity of beans are then described, followed by chapters about amaranth, an ancient grain with nutraceutical properties, and about lime flavor. Two chapters on ethnic teas and their bioactive and aroma properties are included, and reveal that teas made from Ardisia plants have potential health benefits. The book closes with three chapters on chemistry, flavor, and volatile compounds in distilled beverages and margaritas. Chemistry and Flavor of Hispanic Foods is useful for scientists, food processors, and those who wish to learn more about this segment of the food industry.

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