Contents

Pref	face	V
	Section I GENERAL CONSIDERATIONS AND ENGINEERING ASPECTS	
1.	Food Processing and Preservation: An Overview	3-9
	Introduction 3 Importance of Food Processing and Preservation 4 Techniques to Prevent Food from Spoiling 5 Preservation Processes 6 Principles of Food Preservation 9	
2.	Engineering Properties of Food	10-30
	Introduction 10 Thermal Properties 12 Optical Properties 15 Electrical Properties 18 Mechanical Properties 20 Properties of Food Powders 24 Role of Food Microstructure in Engineering Properties 26	
3.	Process and Instrumentation Control	31-41
	Introduction 31 Process Instrumentation and Control 32	
4.	Heat and Mass Transfer in Food Industry	42-63
	Introduction 42 Heat and Mass Transfer in Food Processing 42 Description of Heat Transfer 43 Applications of Heat Transfer 50 Thermal Design and Thermal Analysis 53 Heat Transfer and Solid Foods 57	
5.	Automation in Food Industry	64-69
	Introduction 64 Need for Automation 65 Uniqueness of the Food Industry 66 Tools of Automation 67	

x Food Processing and Preservation

6. Unit Operations: An Overview

Introduction 70 Conservation of Mass and Energy 70 Common Unit Operations 72

Section II AMBIENT TEMPERATURE PROCESSING

7.	Size Reduction	85-92
	Introduction 85	
	Benefits of Size Reduction in Food Processing 85	

8. Mixing and Forming

Introduction 93 Importance of Food Mixing 93 Assessment of Mixedness 94 Food Mixing in the Industrial Processes 95

9. Separation and Concentration of Food Components 100-122

Introduction 100 Filtration 100 Membrane Filtration 101 Centrifugation 104 Adsorbent 115

10. Food Irradiation

Introduction 123 Radiation As a Preservation Technique 124 Other Applications of Radiation in Food Processing 128 Radiation Processing 131 Hygienisation 131 Purpose of Radiation Processing 132 Benefits of Radiation Processing of Food 133 Limitations of Radiation Processing of Food 133 Wholesomeness and Nutritional Adequacy of Radiation Processed Foods 133 Detection of Radiation Processed Foods 134 Good Irradiation Practices (GIP) in Radiation Processing of Foods Sprout Inhibition of Bulb and Tuber Crops 134 Delay in Ripening of Banana and Mango 135 Microbial Decontamination and Disinfestation of Spices 135 Insect Disinfestation of Cereal Grains, Grain Products, Pulses and Pulse Products 136 Insect Disinfestation of Dry Fruits and Raisins 136 Inactivation of Pathogens and Parasites and Enhancement of Shelf-Life of Meat and Poultry 136 Control of Pathogens and Microbial Load in Fish and Shrimp 137 Disinfestation of Dried Fish 137 Requirements for Packaging/Storage 137 Re-irradiation 138

93-99

Quality Assessment of Incoming Product for Radiation Processing 138 Consumer Response to Radiation Processed Foods 138 Typical Radiation Processing Facility 139 Major Components of a Radiation Processing Facility 139 Siting of Irradiators 139 Gamma Radiation Source 140 Radiation Processing Cell 141 Operating Systems 141 Systems to Ensure Safety and Reliability 143 Responsibilities of Designers and Manufacturers 144 Training of Manpower for Operation and Inspection 144 Dosimetry and Process Control 145 Documentation and Record Keeping 145 Inspection of Radiation Processing Facilities 145 Statutory Requirements and Regulatory Approvals 146

11. Pulse Electric Field, Ultrasound and Hurdle Technology 147-170

Introduction 147 History and Engineering Aspects of PEF Processing 148 Mechanism of Actions in PEF Processing 149 Pulsed Electric Field Processing 149 Applications of PEF Technology in Food Processing 150 Problem and Challenges in PEF Processing 151 Applications of Pulse Electric Field 152 Ultrasonic Processing and its Use in Food Industry 154 Hurdle Technology 165

12. Thermal and Non-thermal Processing

Introduction 171 Thermal Process Considerations 171 Quality Control of Canned Fruits during Thermal Processing 178 Advanced Thermal Processing Technologies 179 Non-thermal Processing Technologies 180

Section III PROCESSING BY APPLICATION AND REMOVAL OF HEAT

13. Blanching of Foods

Introduction 185 Principles of Equipment 185 Energy and Waste Considerations 187 Effects on Food Quality and Blanching Indicators 187 Function of Blanching 189

14. Pasteurisation

Introduction 193 Pasteurisation Requirements for Milk 194 Long Hold or VAT Pasteurisation 194 HTST Pasteurisation 196 Ultra High Temperature (UHT) Pasteurisation 199

171-182

185-192

15. Sterilisation

Introduction 203 Methods of Sterilisation 203

16. Evaporation and Crystallisation

Introduction 217 Evaporators 217 Tubular Evaporators 219 **Evaporation Systems** 223 APV Forced Circulation Evaporator Systems 224 Evaporator Type Selection 225 Evaporator Configurations for Energy Conservation 226 Residence Time in Film Evaporation 229 Designing for Energy Efficiency 230 Physical Properties 231 Mechanical Vapour Recompression Evaporators 231 Waste Water Evaporators 232 Evaporator Control 233 Production of High Quality Juice Concentrates 234 Evaporator Systems 236 Crystallisation in Foods 237 Theoretical Background 238

17. Extruder

Introduction 240 Food Extruder 240 Recent Developments in Dairy, Breakfast Cereal and Pet Food Industry 249

18. Drying

Introduction 251 Methods of Drying 251 Drying of Fruits 260

19. Smoking

Introduction 265 Selecting Foods to be Smoked 265 PAN-smoked Chicken Breast with Artichoke and Mustard Sause 268 Types of Smoking 270 Wood Smoke 271 Curing and Smoking Poultry Meat 279

20. Food Frying

Introduction 283 General Rules of Frying 284 Physico-chemical Changes in Foods during Frying 284 Edible Oils Used in Frying Foods 285 Temperature Control 286 Preparation of Food 287 Fat Absorption and Topping up 287

217-239

251-264

240-250

265-282

	Choice of Frying Medium 288 Spoilage of Fats and Oils 288 Cleaning 289 Frying Specific Foods 289 Recommended Frying Temperatures 291 Basic Chemistry of Fats and Oils 292 Chemistry of Fat Spoilage 292 Visible Effects of Chemical Spoilage 294 Role of the Oil Refiner 295 Role of the Fryer 296 Fire Hazards 296	
21.	Microwave, Ohmic and Radio Frequency Heating	298-317
	Introduction 298 Microwave Heating 299 Ohmic Heating 306 Radio Frequency Heating 312	
22.	Chilling	318-328
	Introduction 318 Fresh Foods 319 Equipment for Chilling Food 323	
23.	Freezing	329-346
	Food Quality and the Freezing Process 330 Rate of Freezing 332 Freezing Equipment 332 Effect of Freezing Rates on Quality and Texture 333 Types of Freezers 333 Growth of Spoilage Organisms 335 Freezing Methods for Various Fruits 341	
	Section IV	
P	ROCESSING AND PRESERVATION OF FRUITS, VEGETABLES AND MEAT PRO	DUCTS
24.	Apples and Apple Processing	349-361
	Introduction 349 Handling of Apples for Processing 349 Apple Juice Processing 350 Processed Apple Products 355 Dried Apple Products 358 Specialty Apple Products 359 Quality Control of Apple Processing 360 Nutritional Value of Apples 360	
25.	Cherry, Strawberries, Raspberries and Grape Juice Processing	362-376
	Introduction 362 Modified Atmosphere Packaging (MAP) of Sweet Cherries 363 Strawberries and Raspberries 366 Processing of Grape Juice 372	

26. Miscellaneous Fruits

Introduction 377 Oranges and Tangerines 377 Plums and Prunes 384 Processing of Cranberry, Blueberry, Currant and Gooseberry 389 Grapefruits, Lemons and Limes 394 Bananas 399 Guava, Lychee, Mango and Papaya 403 Avocados 410

27. Vegetables

Introduction 414 Harvest of Vegetables 415 Pre-processing Operations 416 Effects of Micro-organisms on Fruits and Vegetables 418 Preserving Vegetables with Salt and/or Vinegar 421 Pasteurisation of Fruits and Vegetables 424 Vegetable Salads 429 Vegetable Products 429

28. Meat, Fish and Egg Products

Introduction 431 Post Mortem, Ageing or Ripening 432 Poultry 437 Seafoods 437 Egg Products Process and Plant Familiarisation 439

References

Index

414-430

431-442

443-444