

Seasoning Salt with Saltiness Enhanced by Natural Material for Cooking and Processing Food

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Summary

Salt, which is necessary for seasoning, is used in most menus. Salt plays important roles in cooking through salting effects on dishes and synergetic effects with other tastes by addition of small quantities. Because excessive salt intake triggers diseases such as hypertension and cancer, salt intake reduction is recommended. However, salt intake reduction affects the saltiness and balance of tastes of prepared foods, which ultimately engenders poor taste. Using synergistic effects with other taste components, we tried to reduce salt intake without losing the deliciousness of dishes.

Results show that adding citric acid and malic acid to a salt solution enhanced its saltiness. This study evaluated whether the addition of organic acid to solid salts produced a similar effect in cooking. Results show that solid salts coated with organic acid have similar effects in saltiness. Sourness of the organic acid was not recognizable in dishes, although it was too sour in salt solutions and on solid salts. Larger amounts of organic acids can be added to dishes.