

ANALYTICAL ANALYSIS OF TRADITIONAL FOODS: FILLING THE GAP IN SERBIAN FCDB INFORMATION

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Ajvar is a Serbian roasted eggplant-sweet-pepper mixture, sometimes referred to as vegetarian caviar. It can be mashed or left chunky, depending on personal taste, and served as a relish, vegetable or spread on country-style white bread like pogacha as an appetizer. Its smoky flavor is a great match for grilled or roasted meats, especially lamb.



Prebranac

Cover the beans with a cold water, bring it to the boil, then simmer over a medium high heat until beans become soft. Strain the beans and set aside..Filling: Put the oil in the pan. Add chopped leek and onions. Stew it over a medium heat, stirring occasionally..Add Zacin C and ground red pepper. Season with salt and pepper. Remove the pan from the heat and set aside.Take the baking dish and sprinkle some oil. Pour the beans in the dish. Spread with a part of the filling over it. Repeat the layering with the beans and the filling. Place it in the oven and bake for about half an hour.



Traditional kajmak is made by boiling unpasteurized, unhomogenized (raw) cow or sheep milk and skimming off the cream that rises to the top. If left to ferment, aged kajmak has a stronger taste and is yellow in color, and is required for a pastry (*pita*) called *gibanica*.

Background and aim: Adding new traditional food analytical values is an ongoing requirement for development and updating of food composition database (FCDB). The list of commonly consumed Serbian traditional foods was identified: gibanica (filo pastry with cheese fill), prebranac (first cooked, than baked beans), ajvar (cooked pepper and aubergine spread), fresh cheese, kajmak (creamy dairy product), and vanilice (cookies). The aims of our study were; 1) to obtain analytical values of representative traditional foods following EuroFIR criteria, 2) to fulfill the gap in traditional food composition knowledge and 3) to get high quality analytical data for inclusion in FCDB.

Methods: Fresh cheese, kajmak and ajvar were bought in three different stores and 100g of each were pooled and 200g was taken for further analysis. Gibanica, vanilice and prebranac were homemade using the most common receipt. Nutritional analysis was carried out by two accredited laboratories and included determination of water, ash, protein, fat, vitamin A, vitamin E and minerals (zinc, copper, manganese, iron). The samples were collected, prepared and distributed to the laboratories according to instructions given by EuroFIR Traditional food work package

Results:

Analytical determination showed the following nutritional features:

	Fresh cheese	kajmak	ajvar	gibanica	prebranac	vanilice
Moisture(%/)	70.96	35.82	79.74	51.39	67.24	13.29
Ash	3.54	1.81	2.48	2.25	1.86	0.51
Proteins	16.20	3.35	1.85	11.28	5.77	7.16
Fat	2.86	60.53	2.80	10.77	1.70	25.05
Vitamin A	70.00	120.00				54.00
Vitamin E	230					
Zn (mg/kg)	12.32	2.55	3.44	8.56	7.76	4.46
Cu (mg/kg)	0.28	0.19	0.96	0.65	1.81	0.69
Mn (mg/kg)	0.20	0.06	1.42	1.53	3.60	3.54
Fe (mg/kg)	1.16	0.38	5.40	8.46	14.16	8.52



Sir is an unusual Serbian cheese. It usually has a shape of flat disc and it is made from unpasteurized cow's milk. The method of production is following: the young curd is pressed into flat disc, then the cheese is left to dry on the open air. The surface is rubbed and salted several times over next few days and finally, cheeses are stored in wooden containers of brine. The taste of the cheese is slightly sour and salty. Affinage takes only a few weeks



Gibanica

Combine all the filling ingredients: eggs, oil, cheese, kajmak, carbonated water and milk.Sprinkle with the oil prepared baking dish. Place a sheet of phyllo in a baking dish and spread with the filling. Repeat layering until use all of sheets of phyllo. End with a top layer sheet and sprinkle with the rest of the filling. Bake it in the oven until golden brown.



Vanilice: Prepare cooking dough by mixing swine lard, eggs, flour, salt, walnuts ground and vinegar. Roll out a dough into a round 1 cm thick with a well floured rolling pin. Cut out as many cookies as possible with round cookie cutter. Bake cookies on 180°C for 15 minutes. Put one cookie upside down on work surface and pipe about 1/2 teaspoon apricot jam onto cookie, then top with another cookie right side up, to form a sandwich. Dredge cookies in confectioners sugar until coated.