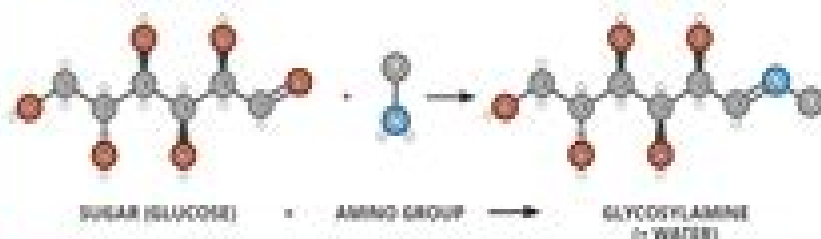


A GUIDE TO THE MAILLARD REACTION

The Maillard reaction occurs during cooking, and it is responsible for the non-enzymatic browning of foods when cooked. It actually consists of a number of reactions, and can occur at room temperature, but is optimal between 140-165°C. The Maillard reaction occurs in three stages, detailed here.

1

The carbonyl group on a sugar reacts with a protein or amino acid's amino group, producing an N-substituted glycosylamine.



2

The glycosylamine compound generated in the first step isomerises, by undergoing Amadori rearrangement, to give a ketosamine.



3

The ketosamine can react in a number of ways to produce a range of different products, which themselves can react further.



Classes of Maillard Reaction Products



The Maillard reaction produces hundreds of products; a small subset of these contribute to flavour and aroma, some groups of which are described below. Melanoidins are also formed; brown, polymeric substances which contribute to the colouration of many cooked foods.



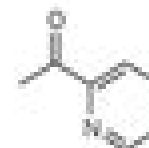
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toasted



PYRROLES
cereal-like
nutty



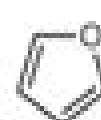
ALKYLPYRIDINES
bitter
burnt
astringent



ACETYPYRIDINES
crackling-like
cereal



FURANONES
sweet
caramel
burnt



FURANS
meaty
burnt
caramel-like



OXAZOLES
green
nutty
sweet



THIOPHENES
meaty
roasted

Maillard Reaction In Foods And Nutrition

Léo Pomar



Maillard Reaction In Foods And Nutrition:

Maillard Reaction In Foods And Nutrition Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Maillard Reaction In Foods And Nutrition**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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