



PRODUCTION TECHNOLOGY OF NATIONAL CONFECTIONERY "NOVVOT"

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ANNOTATION

Confectionery products are multicomponent food products, ready to use, having a certain predetermined shape, obtained as a result of technological processing of the main types of raw materials - navvta, with or without the addition of food ingredients, food additives and flavorings.

The problem of food safety includes political, social, economic and medical aspects. A special place in the nutrition of the population of Uzbekistan from national confectionery products is occupied by "Navat (nabat, navvat)". Navat is a traditional sweet, common in the countries of Central Asia (Uzbekistan) and Iran. It is a crystallized sugar syrup. It has many names characteristic of different regions - navat, kinva-shakari, nabat and navvat, or simply Uzbek sugar.

Keywords: navvat, confectionery, food, risk factors, checkpoints, calories.

Relevance of the Topic

The problem of food safety is multidisciplinary, as it includes political, social, economic and medical aspects.

For Uzbekistan, it is of particular relevance and importance in connection with the changes taking place in the last 10-15 years in all spheres of human life and the country's transition to new political and economic (market) relations.

At present, in Uzbekistan, as in developed countries, the main share of morbidity and premature mortality is non-communicable diseases. In 2018, non-communicable diseases were the cause of death in 94.8% of cases, external causes (accidents, poisoning, injuries) accounted for 3.6%, infectious diseases - 1.6%. The group of non-communicable diseases included: cardiovascular diseases (63.9%), neoplasms (8.9%), respiratory diseases (5.5%), diseases of the digestive system (5.5%), other (11.3%) [37]. Non-communicable diseases are mainly caused by unhealthy diets associated with food production high in salt, sugar, trans-fatty acids, unhealthy additives and behavioral risk factors that accompany economic transformation, rapid urbanization and lifestyles in the 21st century.





Purpose of the Study:

The ultimate goal of the work was to assess the risk factors for contamination of navvat confectionery products and their reduction by developing and implementing a modern system for monitoring critical points.

Object and Methods of Research:

The objects of research were households, enterprises of the confectionery industry in Tashkent (2) and Samarkand region (3) and products manufactured by these enterprises (6) in order to determine the role in the daily rations of the population and establish criteria for control points in the HACCP system.

The assessment of the state of actual nutrition was carried out according to generally accepted methods of households and 220 student volunteers of the medical college in Tashkent.

Due to the specifics of the population under study, the method of a 24-hour status questionnaire survey using a generally accepted methodology.

Research Results

Navat is made from grape juice with sugar syrup and sometimes with spices. As a result of boiling, sugar crystallizes on threads or sticks. In scientific terms, this product is a recrystallized sucrose formed from a saturated syrup.

The shade of navat may vary: from white to rich brown. Such a variety of shades is achieved due to different cooking times or the addition of saffron, honey.

In Uzbekistan and Iran, local residents rarely engage in independent digestion and production of navot. But in almost every village there is a master who passes on his art from generation to generation and sells products in the local market.

Traditional Sweet Recipe:

1 kg of white sugar and 400 ml of freshly squeezed grape juice are mixed in a cauldron. The mass is boiled until a sugar syrup with a moisture content of 16–18% is obtained (it is almost half the original by weight). Strain through a sieve with small cells. Pour the syrup into a special container with stretched threads. Here, while maintaining a constant temperature, a crystallization process will occur, which will take at least 3 days.

The crystals are removed and dried in the open air. The threads are cut.

According to traditional technology, only two auxiliary ingredients are added to navat: Saffron - gives the crystals a rich golden color and a spicy, slightly bitter taste. Natural honey. Rarely used. Gives an enveloping softness in taste, slightly tints.





The calorie content of navat is 390 kcal per 100 g of product. For comparison, the energy content of other types of sugar:

Type of sugar kcal per 100 g

White or beetroot 360

Reed 380

Maple 260

Fruit (fructose) 399

Kandis (English candy sugar similar to alarm) 394

Although the Uzbek sweet is sugar, it is healthier than the usual white or cane sweet for Russians.

Reference. Navat consists of monosaccharides - fructose (40%) and glucose (60%), while white beet sugar - from the only disaccharide sucrose. Natural fructose is an indispensable natural source of energy that does not require the participation of insulin for absorption.

Summary:

1. The indigenous people of Uzbekistan are sure that navvat is one of the sources of their traditional longevity.
2. In addition, local residents claim that regular consumption of this sweet helps to: eliminate digestive problems; treatment of inflammatory processes in the body (especially "female" problems); improving lactation and increasing the amount of milk in the mother.
3. Uzbek Navvat is valuable for diabetics. After all, almost half consists of fructose, which does not require insulin for absorption.

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