

Tasty seeds

ONCE USED AS FEEDSTUFF, PUMPKINS AND PUMPKIN SEEDS HAVE FOUND THEIR USE IN THE FOOD INDUSTRY TODAY



Photo: © wimma75 - photofest.com

+ Pumpkin seeds are very versatile. They can be used to decorate baked goods or to provide a nutty taste. Furthermore, the seeds contain vitamins and trace elements. The pumpkin is an ancient medical plant of American origin. It was a staple food to the native American. In the 16th century, the Portuguese brought the plant to Europe. At that time the pumpkin was considered to be food for the poor, and it was used to feed the livestock. Botanically, the pumpkin belongs to the berry fruits, even though at the farmer's market it is offered as vegetable. Pumpkins are cultivated from Egypt to China, in Turkey, Hungary, Argentina, Chile, Spain, Greece, Italy and Austria. In Kenya and Cyprus, pumpkins are still a staple food.

Processing

The edible pumpkins are sometimes nearly globular, but more generally oblong or ovoid in shape. The pumpkin's flesh is white or yellow and contains the white seeds. Pumpkin seeds contain oil, phytosterols, vitamin E, linolenic acid, trace elements such as manganese, copper and zinc as well as selenium, proteins and pectins.

There are two different types of pumpkin seeds commercially available. Whole roasted seeds can be eaten as snack. De-hulled pumpkin seeds are often offered in a blend with other roasted and salted products. The kernels are also suitable for the decoration of bread and small baked goods. Pumpkin seeds have a flavor similar to nuts. Their oil content is between 35 and 38%. The genuine pumpkin seed oil is obtained exclusively from one pumpkin variety, the so-called oil pumpkin whose seeds are green and have a soft hull. Using an cold pressing process, greenish edible oil results. Famous regions for the production of pumpkin seed oil are Hungary and Styria in Austria.

It is said that the pumpkin seeds display a medical effect. The active agents in the fruit shall have a positive influence on the bladder muscles. In addition, the seeds shall have a preventive effect against premature bladder dysfunctions. Prolonged consumption will contribute to the maintenance of a normally functioning urinary tract.

For more information, please contact Nungesser GmbH, Heinz Bohlen, www.nungesser.com +++



THE ULTRASONIC GUILLOTINE CUTTER THE CUTTING EDGE OF CUTTING



Reading Bakery Systems has combined the proven reliability of our double-eccentric cutter with the problem-solving precision of ultrasonic technology to create the industry's most accurate Ultrasonic Guillotine Cutter. A high frequency ultrasonic driver gives a unique motion to the blade as it cuts soft, sticky, fragile products — even baked or fried filled products — without deformation, smearing or blade build-up. The Ultrasonic Guillotine Cutter gives the operator control of every aspect of the cutting process, including cutting speeds up to 300 cuts per minute, and cut length as small as 25mm. To receive more information please contact Reading Bakery Systems.



READINGBAKERYSYSTEMS