



Reproduced courtesy of the BFFF

TOP CHEFS ENDORSE FROZEN QUALITY

The taste and texture of frozen foods are as good if not superior to fresh, according to the Manchester Food Research Centre (MFRC). We find out what some of the top chefs have to say on the matter.



texture of frozen just as good as 'fresh'.

"The freezing process acts as a natural preservative with products frozen at the peak of their quality. Frozen will therefore enable the caterer to better meet customers expectations - offering premium and reliable quality all year round."

SENSORY COMPARISON RESULTS

Wholemeal bloomer: There was no significant difference for any of the product attributes tested. Both samples were well received.

Puff pastry: There was no significant preference for either sample. However, overall the frozen sample scored higher than fresh.

Duck breast: There was no significant difference in the overall rating between frozen and 'fresh'.

Pork & leek sausages: The frozen sample scored highest overall but there were no significant differences between the two samples.

Tuna steak: The frozen sample scored highest overall but this was not statistically significant.

Potato mash: Both products were well liked and there was no overall significant preference for either sample.

Spinach: There was no significant preference for either sample.

Performed by the MFRC, the new sensory comparison research highlighted that there was no statistically significant difference in the overall ratings between frozen and 'fresh' foodstuffs commonly used in UK pubs, restaurants and hotels.

Using a total of 60 specially selected 'sensory attribute' tests, 32 top chefs from leading bistros, gastro pubs, restaurants and hotels, rated the taste and texture characteristics of eight foodstuffs. The foods comprised of a wholemeal bloomer, puff pastry, blueberries, potato mash, spinach, duck breasts, pork and leek sausages and tuna steaks.

All frozen and 'fresh' foodstuffs were supplied to exactly the same specifications,

weight and serving size - and were prepared and cooked in accordance with the supplier's recommendation. During the study, chefs blind tested randomised samples in individual tasting booths, with results analysed statistically.

Colin Rodgers, technical project manager at the MFRC says: "The quality of all foodstuffs tested was acceptable. Oftentimes the quality of the frozen product achieved a higher overall rating than the 'fresh'. This indicates that although individual attributes may vary, there is little difference between the products."

Brian Young, director general of BFFF, adds: "This research proves that - contrary to the belief of many chefs - the taste and