SAKURA KONDA
Okayama Prefectural University,
Japan

Effect of cooking methods on the mineral content of Okayama coriander (Coriandrum sativum L.)

Abstract:

Coriander (Coriandrum sativum L.) is an annual plant of the Apiaceae family and is known as a functional food. The coriander grown in Okayama Prefecture (Okayama coriander) has less flavor than cilantro produced in other prefectures in Japan, making it mild and easy to eat. And Okayama coriander contains some minerals and vitamin C in higher levels than those from other areas in Japan. In this study to determine the mineral changes in Okayama coriander by cooking, content of minerals (Na, K, Ca, Mg, Mn, Fe, Cu, Zn) in stem and root of Okayama coriander was measured by atomic absorption spectrometer. Leaves were excluded because they are usually eaten raw. The cooking methods were stir-fry, boiling, and deep-fry, and the loss in content of minerals was analyzed. During cooking, the loss in content of minerals was different depending on the kinds of minerals, the part of coriander, and cooking methods. This study appeared that the stem loses minerals in lesser extent than root during cooking, and that both parts of the stem and root lose minerals in lesser extent during stir-fry cooking than other cooking methods.

Biography

I graduated from the Department of Nutrition at Okayama Prefectural University and am currently an Okayama Prefectural University postgraduate student, majoring in Nutrition. I am conducting research on the nutritional components of local agricultural products