

Sauces and Dressings: A Review of Properties and Applications

MAREK SIKORA,¹ NEELA BADRIE,² ANIL K. DEISINGH,³
and STANISLAW KOWALSKI¹

¹University of Agriculture, 30-149 Krakow, ul. Balicka 122, Poland

²Faculty of Science and Agriculture, St. Augustine, Campus, Republic of Trinidad and Tobago, West Indies

³Caribbean Industrial Research Institute, University of the West Indies, St. Augustine Campus, Republic of Trinidad and Tobago, West Indies

This comprehensive review of sauces and salad dressings covers the literature over the last decade with respect to physical and chemical properties and the applications of these products. As such, texturizing and structural systems (especially hydrocolloids) are described in detail and the application of polysaccharide thickeners as texture providers is described. Microbiological aspects of sauces are covered with relevant sections discussing the factors affecting microbiological activity and microbial spoilage and/or enhancement of a range of sauces. In addition, the use of carbohydrates and proteins as emulsifiers in many sauces is described. Quality aspects are given prominence in this review with sections being devoted to rheological and textural properties, chromatographic approaches and sensory aspects. Healthy sauces such as those having low sodium, reduced fat and cholesterol or containing inulin or microcrystalline cellulose are reviewed. Finally, for various sections the trends of the main findings as well as suggestions for future research are presented.

Keywords emulsifiers, health aspects, hydrocolloids, microbiological, properties, rheological, salad dressings, sauces, sensory, texture

ABSTRACT