

Organic Sweet Cherry Dehydrofreezing and Quality: Cultivar selection bridged with innovative technology

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Abstract

Four cultivars of organic sweet cherry were considered in this work. The influence was studied of both a steam- and an osmo-blanching step, applied to fruit halves before freezing, on color, and on radical-scavenging activity related to the recovery of total phenols and anthocyanins. A 60% (wt/wt) glucose-fructose mixture (2:1) was used for the osmo-blanching, carried out at 87°C for 3 minutes. Fruit blanching induced a significant recovery increase of total anthocyanins with a consequent significant increase of radical-scavenging activity. Osmo-blanching proved to be more effective than steam-blanching in cv Adriana.

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