

A STUDY OF THE CHANGES IN FREE AMINO ACIDS CONTENT DURING THE PRODUCTION OF WHEAT BREAD

**Prof. Dr Grozdan Karadzhov
Chief Assist. Prof. Dr Denka Zlateva**

Abstract

The present work studies the content of free amino acids in type 700 wheat flour. There are also determined the changes occurring in their quantity during the technological process of producing bread. It was found that during the fermentation of the dough the content of all amino acids changes, but in different direction and different intensity. As a result of the baking of the bread the quantity of all amino acids decreases, and there is established a considerable deficit of the essential amino acids methionine and lysine, which reduces its nutritional and biological value.

The addition of essential amino acids into bread leads to an increase in its nutritional value and its quality. Enriched bread possesses better preservability, which allows for the realization of economic effect with the start of its production.