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Introduction: Health and sustainability are current trends in the market of food products with fewer or no animal-derived ingredients. Three-dimensional technology is a highly promising tool for the development of novel and palatable food products. More research is needed to elucidate how these trends and technologies actually affect consumer health.

Aim: This work aims to study the composition and effect of cooking and the in vitro digestion of a vegan product (bacon) and a hybrid product (veal cutlet) developed using 3D technology.

Materials and methods: Vegan bacon and hybrid veal cutlets were obtained from Cocuus enterprise. Both products were cooked using a frying pan with a negligible amount of oil. Their general composition was analyzed in both the raw and cooked states, which was followed by in vitro digestion (INFOGEST method). Digestibility parameters and the oxidation degree (TBARs) were assessed.

Results: Both analogues showed lower fat and energy values than their respective conventional products. The fatty acid profiles were healthier in the analogue products with a significantly lower amount of saturated fatty acids. Cooking resulted in a considerable loss of moisture (7–11%) in both products, giving rise to the concentrations of the rest of the components. The total digestibility was approximately 63% for both products. Protein digestibility was higher for hybrid products (78.32%), which was probably due to their animal origin, than for vegan products (65.88%). Lipid digestibility was 40.68% for bacon and 55.54% for hybrid products. Additionally, both products increased their oxidation degree during the digestion process.

Conclusions: Three-dimensional technology seems to be a suitable process to develop healthier and sustainable food products.

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3.2. Fermented Papaya: Available Formulations from Online Markets

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Introduction: Fermentation is a process of central metabolism in which an organism converts a carbohydrate, such as starch or sugar, into an alcohol or an acid. *Carica papaya*, also known as papaya or pawpaw, belongs to the *Caricaceae* family and has four genera in the world. Due to papaya's health benefits, this fruit is considered a valuable nutraceutical with an exceptionally diverse composition, encompassing vitamins and enzymes. Fermented papaya preparations, produced by the fermentation of *Carica papaya*, are a well-known food supplement that exhibit anti-inflammatory, antioxidant, and immunostimulatory action. **Objectives:** A descriptive study was carried out to find out which commercial fermented papaya formulations are available in the market. **Methods:** Data were gathered during 2021 from February to March. The main available commercial fermented papaya formulations were searched for on international online shopping sites, such as Amazon[®], Naturitas[®], Ebay[®], Nutribio[®], Life Natura[®], and Fruugo[®]. A search was conducted by using the following keywords: “fermented papaya”, “FPP[®]—Fermented Papaya Preparation” “Fermented papaya extracts”.

Results: Fermented papaya is available from several brands and in different dosage forms. Its nutritional composition differs between brands not only in the dose of fermented

papaya but also in the presence of other constituents. Many products are available in the online market, making it difficult to choose a suitable supplement because little is known about their labeling and contents to evaluate their appropriateness. Even if the “fermented papaya” composition is included on labels, this does not guarantee that the products have the same fermented papaya composition related to scientific studies with one specific brand (Immun’Âge-FPP®). Consumers may often interpret anything stated on the label to be authentic merely because it is in print.

Conclusions: There are already many commercial fermented papaya formulations available on the market. However, a deep investigation based on its pharmacokinetic properties is mandatory, as is more regulation.

3.3. *The Sensory Attributes of Banana Leaf-Wrapped Smoke Meat: A Comprehensive Sensory Test*

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Smoking leads to the penetration of carcinogenic components like polycyclic aromatic hydrocarbons (PAH) into meat. Among the methods of eliminating PAH components, filtration is of significant importance and is utilized in sausage casings or special filtration systems. However, filtration is not used during the smoking process in restaurants. The latest research reported that the use of banana leaves as a coating material did reduce PAH levels, but the effect of the coating process on the sensory characteristics of smoked meat is still not well documented. The present study aims to investigate the effect of using banana leaves as a coating material on the sensory characteristics of beef *longissimus dorsi* during the smoking process. Twelve trained panelists were instructed to evaluate the appearance, color, taste, texture, odor, smoke flavor, and overall acceptability of coated and noncoated smoked meat using a nine-point hedonic scale. In addition to this test, the triangle test—a discrimination test—was applied to 100 panelists, students and academics from the Department of Gastronomy and Culinary Arts. No significant differences in sensory characteristics were detected between the control and coated groups. Smoked flavor scores were 6.5 and 5.7 in the control and coated groups, respectively ($p > 0.05$). Triangle test scores were interpreted according to the chart in TS 5915 (1988) [1], based on which there must be at least 42 correct answers among 100 panelists to declare 95% probability; however, only 40 correct answers were obtained. Banana leaves are currently used as a packaging material or for decorative purposes in East Asia, but their widespread use as coating, filtering, and cooking materials in professional kitchens may provide environmental and economic benefits.

3.4. *A Comparative Analysis of the Lipid Composition of Fish Oil Capsules Purchased in Hungary and Turkey*

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Objective: The commercial availability of fish oil supplements rich in n-3 long-chain polyunsaturated fatty acids (n-3 LCPUFAs) has increased significantly in recent years. A recent study showed that n-3 LCPUFAs are more effectively absorbed in the form of triacylglycerol (TG) than ethyl ester (EE). However, there is a paucity of data on the specific forms of n-3 LCPUFAs in these supplements. Therefore, our aim was to investigate the main lipid classes (EE and/or TG) of fish oil supplements available in Hungary and Turkey.