探討製程及不同加工方式對醃蜆品質與保存期限評估

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摘要

臺灣蜆由於高水分、高蛋白之特性，冷藏保存一個禮拜，便開始腐敗，無法較長期保存將限制產品發展，與危害消費者之安全。醃蜆以簡易醃製加工，具有延長保存期限之功能，但不足以完全抑制病原菌生長，仍需其他加工同步處理。水產加工常見殺菌方式為高溫、巴斯德、臭氧及防腐劑等方式處理，然而上述處理方式都可能對品質造成影響，故本研究將針對醃蜆加工之前處理、醃製及後殺加工，以感官、微生與質地等方式，探討上述處理對醃蜆品質與保存性之評估。以總生菌數、K 值與 VBN 測定生鮮蜆之保存性，結果顯示於 7 天達到 6.5 ± 0.34 log CFU/g，VBN 於 14 天達到 16.21 ± 1.04 mg/100g，K 值由原先 11.83 ± 1.34% 七天後達到 26.93 ± 0.09% 並逐步上升，顯示七天後已不適於食用。臭氧處理組於總生菌數、VBN 與 TBARs 無顯著改變化；冷凍處理以總生菌數與蜆肉表面積評估，顯示 24 小時冷凍處理之總生菌數由原先 5.68 ± 0.02 下降為 4.22 ± 0.09 log CFU/g 具顯著改變，表面積與其他組別無顯著差異；以不同濃度之茶葉與金棗作為天然防腐劑，結果顯示 3% 金棗與茶葉具較佳之抗菌效果，由 4.73 降至 4.19 及 4.04 log CFU/g，以總生菌數做為保存性之依據，醃蜆於 10-14 天後超標，金棗與茶葉組別並未超標；巴斯德滅菌結果顯示 pH 值呈先上升後下降，此原因可能為初期內部蛋白顯露，當持續加熱蛋白質變性降解導致下降，於質地與色度分析結果顯示加熱 2.5 分鐘與原先品質較相近，且具有相當之殺菌效果，由未處理 4.38 降至 3.82 log CFU/g。綜上述結果顯示，以冷凍 24 小時添加茶葉、金棗 3% 皆能增加保存期限；且以後殺加工 2.5 分鐘保有最佳之品質，之後會再針對天然抗菌成份及巴斯德殺菌進行相關欄柵技術之探討。

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