

The Dehydration of the Green Herb, Shado Beni: Balancing Treatments, Drying Behaviour and Organoleptic Properties

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Abstract

The effects of balancing treatments prior to drying on the drying behaviour of the herb, shado beni (*Eryngium foetidum* L.) at 55°C was investigated. The blanching treatments studied were: steam, water and alkali (magnesium carbonate). The cellular structure of the herb was unaffected by steam blanching and this pre-treatment had no effect on the drying rate. Water and alkali blanching increased drying rates. For such herbs, shrinkage (linear) occurred during blanching. Drying rate constants were 1.895 h⁻¹ for water blanched shado beni (shrinkage of 5.2%) and 2.144 h⁻¹ for alkali blanched shado beni (shrinkage of 26.3%) as opposed to 1.397 h⁻¹ for unblanched shado beni. Water blanched shado beni was highly favoured by a consumer panel as this pre-treatment was judged best for colour, aroma and flavour.