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Cozonac in syrup - from traditional to innovative

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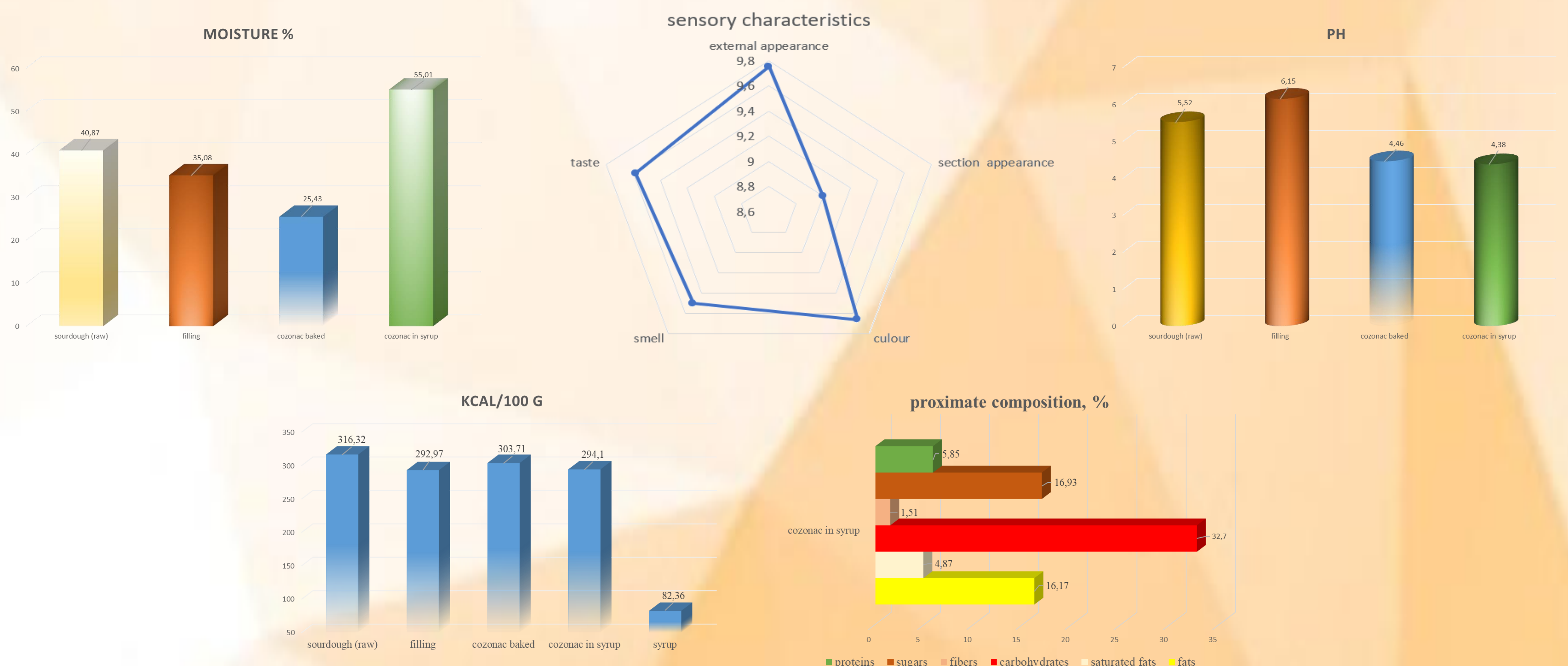
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Abstract: Cozonac is a traditional sweet bread in the form of rolls with various fillings. In this work, starting from the traditional cozonac, an innovative variant of syrup-infused cozonac was optimized, with improved sensory characteristics. The finished product was examined sensory and physico-chemically. The results show that the finished product was very well appreciated by the evaluators, the points awarded being between 9.00 and 9.75 out of 10 possible, an explosion of aromas, sweet, harmonious, refined taste, soft texture, smell being noted pleasant, specific. The average water content of the cozonac samples was 35.08%, the pH value of the baked cake was 4.46, and after syruping its value was 4.38. Although carbohydrates have the largest weight in cozonac (32.7%), its energy value (303.71 kcal/100 g of product) was lower than that of traditional cozonac on the Romanian market. These results recommend the consumption of this cozonac with confidence.

Introduction

Cozonac is a sweet bread, traditional in Romania, the Republic of Moldova, Bulgaria (kozunak). A similar sweet is "panettone" in Italy, in Russia "kulichi", in Ukraine and Belarus "paska". Cozonac, typical traditional product, symbol of Christmas and Easter, once cooked only by artisanal technologies, now obtained on an industrial level, is characterized by a strong spongy core, consistency and unmistakable flavors.

Material and method / Results and discussions



Conclusions

In the specialized literature, the precariousness of studies carried out strictly on cozonac is noted. There are studies that refer to sweet products made from leavened dough, but which are not very similar to cozonac. This product, in the European version, seems to be a sweet treat for Christian festive meals (Easter and Christmas).

Cozonac from the present study is already a brand on the Romanian market, being already a registered trademark at OSIM Bucharest. From a sensory point of view, this cake was well accepted by consumers, being an explosion of aromas, sweet, harmonious, refined taste, soft texture, pleasant, specific smell.

From a nutritional point of view, carbohydrates are dominant in this cozonac, but nevertheless, on the Romanian market there are varieties of cozonac with a much higher content of carbohydrates. This fact recommends our cozonac, which has a lower caloric content than similar products on the market, but the taste is up to the expectations of consumers.