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Additional Information

1 **VOLATILE PROFILE OF QUINOA AND LENTIL FLOUR UNDER FUNGAL FERMENTATION AND**  
2 **DRYING**

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10

11 **ABSTRACT**

12 Solid-state fermentation reportedly improves the nutritional and sensory properties of legumes  
13 and pseudocereals. This study examined changes in the volatile profile using HS-SPME-GC-MS  
14 of two varieties of lentil and quinoa flour fermented with *Pleurotus ostreatus* and dried using  
15 hot-air drying and lyophilisation. Fermentation significantly increased the volatile profile.  
16 Pardina lentil flour showed a 570% increase in its volatile profile, and 10 compounds were  
17 created. In white quinoa, the total area rose from 96 to 4500, and 30 compounds were created.  
18 Compounds such as 1-octen-3-ol, benzaldehyde, 3-octanone and hexanal were generated  
19 during fermentation, providing a sweet, grassy, cocoa flavour. Hot-air drying led to decrease of  
20 over 40% in total peak area. Dried fermented flour retained higher levels of compounds that  
21 provide a sweet, cocoa aroma. Air-drying temperature had no significant influence on the  
22 volatile profile. This allows the inclusion of these flours in a wide variety of food products.

23

24 **Keywords:** Volatile compounds; quinoa; lentil; flour; fermentation; *Pleurotus ostreatus*

25

## 26 1. Introduction

27 Global concern for environmental sustainability and food security, coupled with a focus on  
28 healthy eating and low costs, is driving the search for new plant-based high-protein foods.  
29 Legumes and pseudocereals play a prominent role in ensuring a balanced human diet  
30 worldwide. They offer large quantities of macro- and micro-nutrients. They also have several  
31 environmental benefits. For instance, legume cultivation reduces greenhouse gas emissions,  
32 helps fix atmospheric nitrogen in the soil and decreases the carbon footprint (Stagnari et al.,  
33 2017).

34 Legumes are a rich source of protein. Their protein content ranges from 21% to 31% on a dry  
35 basis, depending on the species and crop. These proteins are high in essential amino acids such  
36 as lysine and leucine. Studies have emphasised the importance of consuming legumes not only  
37 because they offer a source of protein but also because they are high in dietary fibre, minerals  
38 and polyphenols. Lentils (*Lens culinaris spp.*) are a type of legume cultivated in over 70 countries.  
39 They are valued around the world for their nutritional richness in proteins, dietary fibres,  
40 complex carbohydrates and essential micronutrients such as iron, zinc and vitamin B  
41 complex (Liberal et al., 2023). In addition, lentil seeds have a higher antioxidant capacity than  
42 other legumes due to the presence of certain phenolic compounds (Grela et al., 2017).

43 Another group of crops that offer large quantities of macro- and micro-nutrients is  
44 pseudocereals. They are resilient crops capable of withstanding salinity and extreme  
45 temperatures, and they can be easily grown with limited resources (Rodríguez et al., 2020).  
46 Quinoa seeds (*Chenopodium Willd*) offer an alternative gluten-free protein source with  
47 nutritional value similar to that of cow's milk (Repo-Carrasco et al., 2006). The amino acid profile  
48 of quinoa includes all essential amino acids, with high quantities of lysine. Quinoa is also rich in  
49 various vitamins and minerals, with a higher protein content than traditional grains (Repo-  
50 Carrasco et al., 2006).

51 Despite all their nutritional benefits, legumes and pseudocereals also contain antinutrients such  
52 as protease inhibitors, phytates, tannins and saponins. These antinutrients can affect the  
53 nutritional quality of these foods. Certain processing methods such as heat treatments,  
54 germination and fermentation appear to reduce these antinutrients and increase the  
55 bioaccessibility of bioactive compounds (Thakur et al., 2021). One such processing method is  
56 solid-state fermentation (SSF). It involves the microbial fermentation of a substrate without  
57 water, resulting in greater productivity than other forms of fermentation. Many microorganisms  
58 are susceptible to fermentation. The fungal kingdom offers certain advantages over other  
59 microorganisms. These advantages include a high protein content (20% to 30% in dry matter)  
60 and protein quality. Fungi also serve as a source of dietary fibre and have a high vitamin B  
61 content and low fat content.

62 During the fermentation process, fungi play a crucial role in the formation of different volatile  
63 compounds, primarily through the hydrolysis of large molecules such as lipids and proteins into  
64 fatty acids and amino acids. This process provides precursors for the formation of a variety of  
65 volatile organic compounds (VOCs), including acids, aldehydes, ketones, alcohols, esters and  
66 hydrocarbons (Zhong et al., 2022). Both fermentation and drying methods tend to affect the  
67 volatile profile of legumes, cereals, and other foods, leading to variations and the generation of  
68 new compounds. These variations can have a positive effect on the creation of new ingredients,  
69 with an improved volatile profile. Studies have shown that legumes fermented by *Lactobacillus*  
70 have more flavour, potentially reducing their beany flavour while forming aldehydes, alcohols,  
71 acids and sulphur compounds through further biotransformation (Yi et al., 2021). However,  
72 processes such as hot-air drying and freeze drying can affect VOCs, which are necessary to  
73 provide stable fermented ingredients such as flour. For instance, hot-air drying has been  
74 observed to decrease aldehydes, alcohols and esters in volatile compounds of coffee beans  
75 (Zhang et al., 2022). Different drying methods can affect the final volatile profile in different  
76 ways (Rajkumar et al., 2017).

77 Despite the existence of studies of the effect of bacteria- and fungi-based fermentation on the  
78 volatile profile of fermented substrates, no studies have examined the influence of *Pleurotus*  
79 *ostreatus* fermentation on the volatile profile of quinoa and lentils. The hypothesis tested in the  
80 present study is that the volatile profile changes after fermentation and drying of quinoa and  
81 lentil flour. This process thereby modifies the final aroma, which is one of the main sensory  
82 considerations when choosing new food products. Thus, the aim of this study is to analyse the  
83 impact of SSF with *Pleurotus ostreatus* and drying (air-drying at 50 °C, 60 °C and 70 °C and  
84 lyophilisation) on the volatile profile of two varieties of lentil and quinoa flour. The findings will  
85 be useful for developing new products based on high-protein flour.

86

## 87 **2. Materials and methods**

### 88 **2.1. Materials**

89 Hacendado® brand lentils (*Lens culinaris*) of the Pardina and Castellana varieties were purchased  
90 from local shops in Valencia, Spain. Hacendado® and Nut&me brand quinoa (*Chenopodium*  
91 *quinoa Wild*) of white and black varieties, respectively, was also purchased from local shops in  
92 Valencia, Spain. The *Pleurotus ostreatus* strain was obtained from the Spanish Type Culture  
93 Collection (CECT20311). Sodium chloride (NaCl) was obtained from Sigma-Aldrich Co. (St. Louis,  
94 MO, USA). Glucose and mycopeptone were also obtained from Sigma-Aldrich Co. (St. Louis, MO,  
95 USA). Malt extract and agar-agar were obtained from Scharlau (Barcelona, Spain).

96

### 97 **2.2. Fungal solid-state fermentation**

#### 98 Starter culture preparation

99 A starter culture was prepared by hydrating 10 g of lentil and quinoa flour to 65% moisture.  
100 Sterilisation was performed using an autoclave (Vertical Stand Autoclave 4002136, JP Selecta™,  
101 Barcelona, Spain; for 20 min at 121°C). Then, 1 mL of *Pleurotus ostreatus* culture was added and  
102 kept for 14 days at 28 °C in a digital incubator (digital oven 2001249, JP Selecta™, Barcelona,

103 Spain). *Pleurotus ostreatus* mycelium was previously grown in a culture broth prepared with 2%  
104 glucose, 2% malt extract and 0.1% mycopeptone. It was incubated for 14 days at 28 °C in a digital  
105 incubator (JP Selecta™ digital oven 4002136, Barcelona, Spain).

#### 106 Fermentation process

107 The SSF process was conducted following the method described by Sánchez-García et al. (2023).  
108 In total, 35 g of lentils and quinoa at 65% moisture were placed in each glass jar and sterilised in  
109 an autoclave (Vertical Stand Autoclave 4002136, JP Selecta™, Barcelona, Spain) for 20 min at  
110 121°C. To achieve a moisture content of 65%, a preliminary material balance calculation was  
111 performed. The samples were then mixed with water and left for 20 minutes. Next, the moisture  
112 content was checked and autoclaved. *Pleurotus ostreatus* was then inoculated from the starter  
113 culture by adding a 1/8 portion. The jars were incubated at 28 °C for 14 days in a digital oven  
114 (2001249, JP Selecta™, Barcelona, Spain).

#### 115 **2.3. Drying and milling of fermented grains and seeds**

116 To prepare the different flours, 500 g of fermented quinoa and lentils were hot-air dried at three  
117 different temperatures (50, 60 and 70 °C) in a convective dryer (Pol-Eko-Aparatura, CLW 750  
118 TOP+, Wodzisław Śląski, Poland) following the method described by Sánchez-García et al. (2023).  
119 As a control, freeze drying was performed using a freeze dryer (Lyoquest-55, Telstar, Terrassa,  
120 Spain), as described by Sánchez-García et al. (2023). After drying, the samples were milled into  
121 flour using a food processor at 15-second intervals for 1 min at 10,000 rpm (Thermomix® TM6-  
122 1, Vorwerk, Wuppertal, Germany). Multiple glass jars were inoculated to produce an adequate  
123 amount of fermented substrate to conduct the experiments. The fermented substrates were  
124 combined to create a uniform sample for the subsequent drying process and analysis.

125

#### 126 **2.4. HS-SPME-GC-MS volatile compounds**

127 The volatile compounds in unfermented, fermented and fermented-dried quinoa and lentil  
128 flours were determined using headspace-solid phase microextraction (HS-SPME) and were

129 analysed by gas chromatography/mass spectrometry (GC/MS) following the method described  
130 by Escriche et al. (2022). Briefly, 2.5 g of sample and 7.5 mL of 20% w/v sodium chloride were  
131 added to a 20 mL glass vial with a screw cap and a PTFE-silicone septum. The mixture was  
132 homogenised using a vortex mixer. The sample was then heated on a stirring heating platform  
133 at 50 °C and 250 rpm for 30 min. Volatile compounds were trapped using a  
134 divinylbenzene/carboxene/polydimethylsiloxane fibre (DVB/CAR/PDMS 50/30 µm). Volatile  
135 compounds were analysed using a gas chromatograph (Intuvo 9000, Agilent Technologies, Palo  
136 Alto, CA, USA) coupled with a triple quadrupole detector (7000 Series GC/TQ, Agilent  
137 Technologies, , Palo Alto, CA, USA) that was fitted with an electron ionisation source at 70 eV. A  
138 capillary column (DB WAX, 30 m × 0.25 mm × 0.25 µm, Agilent J&W, Santa Clara, CA, USA) with  
139 helium as the carrier gas at a constant flow rate of 1 mL/min was used. The MassHunter  
140 Workstation software (Unknown analysis) was used for the data analysis and identification of  
141 volatile compounds. The mass spectra of each compound were analysed using the NIST spectral  
142 library (NIST 17, National Institute of Standards and Technology). The procedure used a  
143 coincidence factor of ≥ 80% and the linear retention indices (LRI). The results are presented as  
144 peak area/100,000 for ease of reading. The total amount of volatile compounds was estimated  
145 by summing all areas of the chromatogram.

146

## 147 **2.5. Statistical analysis**

148 The analytical data were analysed using one-way analysis of variance (ANOVA). The least  
149 significant difference (LSD) Fisher test was performed to identify homogeneous groups among  
150 different drying temperatures. The R programming language (version 4.2.2) was used for  
151 analysis. The confidence level was set to 95 % (p-value < 0.05). All experiments were conducted  
152 in triplicate. The data are reported as the mean ± standard deviation.

153

## 154 **3. Results and discussion**

### 3.1. Changes in volatile profile due to fungal solid-state fermentation

The fermentation process *per se* strongly influences the flavour and aroma of the final product. Fungal SSF with *Pleurotus ostreatus* causes different changes depending on the characteristics of the initial substrates and the cultivar. Hence, there may be significant differences in composition, structure, seed coat to cotyledon ratio and seed size (Espinosa-Páez et al., 2017). The use of HS-SPME-GC-MS showed the generation of sufficient amounts of volatile compounds during fermentation in lentils and quinoa (Tables 1 to 4). In general, none of the unfermented flour types had a varied volatile profile before fermentation. More volatile compounds were found for white quinoa (Table 1) than for black quinoa (Table 2). Unfermented black quinoa had nine volatile compounds, constituting  $32 \pm 9$  of the total peak area. These volatile compounds consisted of three aldehydes, one alcohol, one ketone, two heterocyclic compounds, one phenolic compound and one other compound. Unfermented white quinoa had a significantly superior aroma, with a sum of  $96 \pm 2$  in the total peak area. Yang et al. (2021) also observed and correlated these differences between different colour quinoas. In unfermented white quinoa, the concentration and variety of alcohols was higher than in black quinoa. The highest compound was 1-Hexanol (Song et al., 2021; Yang et al., 2021). In unfermented white quinoa (UFWQ), 2-pentylfuran, 1-octen-3-ol, and benzaldehyde were the individual substances that contributed the most to its aroma, in addition to hexanol. The substance 1-Hexanol is correlated with a grassy/green odour, whereas 2-pentylfuran and benzaldehyde were found to give out strong nutty aromas (Yang et al., 2021; Zhang et al., 2019).

On the other hand, unfermented lentils had a greater volatile profile than that of black quinoa and almost double that of white quinoa (Tables 3 and 4). There were no statistically significant differences between lentil varieties. Nonetheless, the volatile profiles of Pardina and Castellana lentils differed both in concentration and compounds. Unfermented Pardina lentils (UFPL) (Table 3) had nine compounds, mainly belonging to alcohol and aldehyde chemical groups. Castellana lentils (Table 4) also contained heterocyclic compounds such as furfural and furfuryl



181 methylamphetamine. In both lentil varieties, 1-hexanol and hexanal were highly present, but in  
182 different ratios. In unfermented Pardina lentils (UFPL), the aldehyde hexanal contributed most  
183 to the aroma. Its peak area was almost four times lower in unfermented Castellana lentils. The  
184 alcohol 1-hexanol was the most present in unfermented Castellana lentils. Although there are  
185 no studies of the volatile profile of these lentil varieties, both 1-hexanol and hexanal have been  
186 found in red and green lentil flour, with different results in each case (Paucean et al., 2018).  
187 Hexanal provided a green, grassy, leafy odour. Furfural, the heterocycle compound, also played  
188 an important role in the odour of the unfermented Castellana lentils (UFCL), providing a  
189 soil/roasted odour that was absent in unfermented Pardina lentils (UFPL) (Paraskevopoulou et  
190 al., 2012).

191 Regarding the impact of fungal fermentation, the volatile profiles changed notably during  
192 fermentation, with *Pleurotus ostreatus* significantly raising the flavour. Fungi are highly  
193 polymorphic in their ability to produce a unique profile of VOCs. Each species emits a profile that  
194 changes qualitatively and quantitatively. Profiles vary according to the genotype of strains and  
195 species. In addition, VOC profiles are influenced by the physical environment, as well as factors  
196 such as the age of the fungal colony, the availability of water, the type of substrate, temperature  
197 and the presence of interacting species. Each mushroom species has a characteristic mixture of  
198 volatile flavour components that may include additional aliphatic, terpenoid, aromatic and  
199 sulphur-containing compounds (Inamdar et al., 2020). During the process of fermentation and  
200 fungal growth, complex biochemical changes take place to create the characteristic aroma.  
201 Recent data have shown that fermentation can modify the metabolism of flavour-related  
202 compounds (Zhang et al., 2021).

203 The Pardina lentil was the least affected by fermentation, despite increasing the total peak area  
204 by 570% with respect to the unfermented Pardina lentil. On the contrary, fermented white  
205 quinoa (FWQ) was the most affected by fermentation, raising the total area from 96 to 4500.  
206 Four common compounds were observed in the volatile profile of the fermented lentils and

207 quinoa. These compounds were also the main contributors to the aroma of the fermented flour.  
208 They were 1-octen-3-ol, benzaldehyde, hexanal and 3-methoxybenzaldehyde. The latter two  
209 compounds were not found in Pardina lentils. It is well known that the dominant aroma  
210 associated with mushrooms is due to a mixture of aliphatic, oxygenated and 8-carbon  
211 compounds. They all function as host location cues, especially 1-octen-3-ol, which is related to  
212 the odour of mushrooms (Xu et al., 2019; Yang et al., 2019). Indeed, Aisala et al. (2019) found  
213 that compounds containing 8-carbons are responsible for mushroom-like odour, being 1-octen-  
214 3-ol and 1-octen-3-one the most important. Other compounds such as 1-octanol, 3-octanol,  
215 octenal, 2-octenal, 3-octanona and 3-octen-2-one are also typically found in mushrooms.  
216 Therefore, the fungal metabolism could be expected to be responsible for generating these  
217 compounds during fermentation in the four flour types included in this study.

218 Benzaldehyde has also been linked to *Pleurotus ostreatus*, giving off sweet and fruity notes  
219 (Beltran-Garcia et al., 1997). Besides the sweet aroma, this aldehyde is found in cocoa beans and  
220 is linked to the aroma of cocoa (Escobar et al., 2021; Mohamadi Alasti et al., 2019).  
221 Unsurprisingly, benzaldehyde is the second most found compound in white and black quinoa  
222 flour, since when one smells the flour, the sweet and cocoa aroma is evoked. Fermentation with  
223 *Pleurotus ostreatus* transformed the initially odourless unfermented lentil and quinoa samples  
224 into sweet-cocoa smelling flour, generating a pleasant and appetizing flavour that does not  
225 typically exist in legumes and pseudocereal flour.

226 In addition to these major compounds, a cascade of reactions was triggered during  
227 fermentation. These reactions increased the complexity of the volatile profile in both lentil and  
228 quinoa flour. In fermented Castellana lentils (FCL), six alcohols, 14 aldehydes, two ketones, four  
229 heterocyclic compounds, one phenolic compound and three esters were formed, enriching their  
230 aroma. Nonanal provided citrus notes, benzeneacetaldehyde provided grassy and flowery  
231 aromas, and 2-Ethyl-5-methylpyrazine provided a nutty, roasted and chocolaty flavour (Aisala et  
232 al., 2019; FAO, 2023; Qian et al., 2019). The compound 1-hexanol was prevalent in unfermented

233 Castellana lentils. This compound decreased significantly with benzyl alcohol during  
234 fermentation.

235 Fermented Pardina lentils presented only four alcohols, seven aldehydes, three ketones, one  
236 heterocyclic compound and one phenolic compound after fermentation. Ketones mainly  
237 provided fresh, herbaceous, woody and fruity flavours (Xu et al., 2019). Other volatile  
238 components such as 1-hepten-3-one provided an earthy, green odour (Ebert et al., 2022).

239 Finally, in quinoa seeds the number of compounds increased significantly after fermentation.  
240 The white quinoa profile increased from 13 to 41 compounds, whereas the black quinoa profile  
241 rose from 9 to 26. In both cases, aldehydes were the most affected chemical group. The aroma  
242 of fermented black quinoa (FBQ) was also characterised by other compounds such as 2-  
243 heptanal, nonanal and furfural. Despite being found in lower concentrations, these compounds  
244 also provided the FBQ with a fruity, sweet, cooked-bean aroma (Hao et al., 2023; Sharan et al.,  
245 2022). In fermented white quinoa, other compounds such as 1-heptanol and 2-methyl-1-butanol  
246 also formed. The concentration of the alcohol 1-heptanol multiplied 40 times, contributing to a  
247 sweeter final aroma after fermentation (Wu et al., 2021). Compounds such as decanal increased  
248 this sweet aroma. After fermentation, furan compounds such as 2-Pentylfuran, ethyl 2-(5-  
249 methyl-5-vinyltetrahydrofuran-2-yl) propan-2-yl carbonate, 2-propylfuran, 2-nButyl-furan, 3-  
250 penthylfuran, and 2(3H)-Furanone, dihydro-5-pentyl- increased/formed. The generation of  
251 furan compounds in the volatile profile resulted from sterilisation prior to fermentation rather  
252 than the fungal metabolism itself (Maga & Katz, 2009). Finally, esters were also generated after  
253 fermentation in fermented white quinoa. They were responsible for fruity odours (Ouellette &  
254 Rawn, 2014). In short, the aroma of white quinoa was the most affected by SSF with *Pleurotus*  
255 *ostreatus*, generating a new, more complex, sweeter aroma than that of unfermented white  
256 quinoa.

257

258 **3.2. Impact of dehydration on the volatile profile of fermented quinoa and lentil flour**

259 After fermentation, the samples were submitted to hot-air drying at three temperatures (50 °C,  
260 60 °C and 70 °C), as well as lyophilisation. The impact of drying on the volatile profile seemed to  
261 depend on the substrate. The results appear in Tables 1 to 4.

262 Dried fermented white quinoa flour (Table 1) decreased in total volatile volume from 4500 to  
263 less than 2500 total peak area. This decrease means that the total volatile compounds fell by  
264 50%. There were no significant differences between the results for different hot-air drying  
265 temperatures and drying methods. However, the profile differed slightly between white quinoa  
266 flour. Some compounds, such as 4-Ethylcyclohexanol, 2-hydroxy-benzaldehyde and 2-  
267 undecanone, disappeared completely after drying. Meanwhile, the presence of others  
268 decreased or increased significantly. The amount of hexanal and 2-pentylfuran decreased by  
269 more than 50% after lyophilisation. In contrast, the amount of 3-Octanol and 1-Octen-3-ol  
270 increased significantly. This combination resulted in lyophilised fermented white quinoa (FWQ-  
271 L) with a less nutty aroma but a stronger mushroom odour than hot-air dried fermented white  
272 quinoa. Similar results are reported in the literature for the comparison between hot-air drying  
273 and freeze drying. Rajkumar et al. (2017) reported that some compounds were formed after  
274 freeze drying and/or hot-air drying of cabbage, whereas other compounds did not withstand  
275 drying and disappeared. Four main routes are involved in the formation of volatile flavour  
276 compounds during drying. These routes include Maillard reactions, long-chain compound  
277 degradation and lipid oxidation and degradation (Deng et al., 2015; Yang et al., 2016). The loss  
278 of volatile flavour compounds is more common with increased temperature at the same  
279 moisture content due to thermal degradation, volatilisation and other chemical reactions (Ge et  
280 al., 2020).

281 In the case of fermented black quinoa flour (Table 2), the sum of volatile compounds in the hot-  
282 air dried samples decreased by approximately 65% with respect to fermented black quinoa flour.  
283 There were no significant differences between fermented black quinoa dried at 50 °C, 60 °C and  
284 70 °C. However, FBQ-L did not change significantly ( $1960 \pm 150$ ) from fermented black quinoa

285 (2310 ± 200). Almost all compounds that increased (hexanol, 3-Octanol and 1-Octen-3-ol) and  
286 decreased (hexanal) in FWQ-L also decreased in lyophilised fermented black quinoa. However,  
287 other compounds, such as 3-methoxybenzaldehyde increased significantly in FBQ-L. Thus, the  
288 concentration of volatiles was equal to that found in fermented black quinoa. The results imply  
289 that hot-air drying significantly reduced all volatile compounds, except for 2-pentylfuran, which  
290 increased. In addition, another three compounds (ethyl octanoate, beta-bisabolene and 2,3-  
291 dihydro-1H-indene-4-carbaldehyde) were generated with drying, regardless of temperature. As  
292 noted earlier, the formation of furan compounds such as 2-pentylfuran increased with  
293 temperature. Ge et al. (2020) studied the volatile flavour in peppers dried at different  
294 temperatures, finding that some furan compounds increased with temperature under Strecker  
295 degradation. They also found that the compound ethyl octanoate increased significantly ( $p <$   
296 0.05) due to drying.

297 There were also changes in fermented lentil flour following drying. The total sum of volatiles in  
298 Pardina lentil flour (Table 3) decreased the least after drying, falling by only around 30%.  
299 However, an interesting effect occurred at 60 °C in fermented Pardina lentils, where the total  
300 sum of the areas decreased by 70%. This finding is mainly due to a decrease in the aldehyde  
301 benzaldehyde area from 405 to 129. Meanwhile, an increase in this compound was found in FPL  
302 dried at 50 °C, 70°C, and lyophilised. According to previous studies, this compound commonly  
303 increases after drying due to the degradation of benzoic acid into benzaldehyde (Pei et al., 2016).  
304 However, this compound decreased or maintained its presence in all other hot-air dried flour.  
305 This volatile compound was the most prevalent in Pardina lentil flour, giving it a nutty smell.  
306 Therefore, FPL-60 flavour would be milder in this hue than its equivalents.

307 The total peak area of fermented Castellana lentils dried at the three different temperatures  
308 (FCL-50, FCL-60, and FCL-70) decreased by 70% with respect to fermented Castellana lentils.  
309 Even though fermentation enriched the volatile profile in Castellana lentils to a greater extent  
310 than in Pardina lentils, hot-air drying led to a loss of aroma because of the drastic reduction of

311 relevant compounds such as 1-octen-3-ol, hexanal, benzaldehyde and 3-methoxybenzaldehyde.  
312 However, lyophilised fermented Castellana lentil (FCL-L) significantly improved in terms of the  
313 concentration of these compounds. This greater concentration intensified the flavour of  
314 fermented Castellana lentil flour by 118%. Alcohols and aldehydes were the most affected  
315 chemical groups, gradually diminishing as air temperature increased. Similar results have been  
316 reported for hot-air dried peppers (Ge et al., 2020). Given these changes, lyophilised fermented  
317 Castellana lentils had a green, grassy, leafy odour with nut and mushroom aromas. In the case  
318 of fermented Castellana lentils dried at 50 °C, 60 °C and 70 °C, the aroma had sweet, burnt, and  
319 baked notes due to the pyrazines and 3-pentylfuran generated by Strecker degradation and  
320 Maillard reactions in hot-air drying (Fischer et al., 2017).

321 In sum, lyophilisation was much better in terms of maintenance of volatile compounds in the  
322 samples of black quinoa and Castellana lentils. In black quinoa, there was no loss of volatiles. In  
323 Castellana lentils, the total peak area increased by 14%. However, for white quinoa, there were  
324 no differences between types of drying or temperatures of hot-air drying. All reduced total peak  
325 area by 50%. In the case of Pardina lentils, drying at 60 °C provided lower results. In contrast,  
326 hot-air drying at 50 °C and 70 °C and freeze drying did not lead to significant differences. These  
327 processes affected the sample in the same way. Thus, even though hot-air drying led to a loss of  
328 the aroma generated during fermentation, the sweet, fruity, cocoa smell with hints of  
329 mushrooms and cooked substrates that was observed in the undried fermented samples was  
330 preserved, given the high concentrations of benzaldehyde, hexanal, nonanal, furfural and 1-  
331 octen-3-ol.

332

### 3.3. Principal component analysis of the volatile profile of different flours

Principal component analysis (PCA) was performed to visualise the contribution of the volatile compounds to the flavour profile of each flour. This analysis highlighted differences in the generation of volatiles during SSF and the drying of samples. Figure 1 shows the biplot for each substrate (Castellana lentils, Pardina lentils, white quinoa and black quinoa). The sum of the first two principal components (PC1 and PC2) explained 74.49%, 75.02%, 80.74% and 83.53% of the total variance of Pardina lentils, Castellana lentils, white quinoa and black quinoa, respectively. A consistent pattern in sample clustering was observed for all substrates. PC1 distinguished unfermented samples (negative axis) from fermented and lyophilised samples (positive axis), except for white quinoa. Lyophilised fermented white quinoa was closer to UWQ. PC2 distinguished hot-air dried samples (positive axis) from unfermented and fermented samples (negative axis). In the case of lyophilised flour, PC2 grouped these samples together with hot-air dried samples for Castellana lentils and black quinoa. However, it distinguished between the samples for Pardina lentils and white quinoa. Therefore, freeze drying had different effects on the volatile profile depending on the substrate. The values of the variables defining the PC1 and PC2 equations were standardised by subtracting the means and dividing by the standard deviations of the volatile compounds. More strongly positive or negative values meant a greater contribution to explaining variability in the data. The volatile compounds that contributed the most to discriminating Pardina lentil samples (Figure 1A) in PC1 were the alcohols 2-ethyl-1-hexanol, 1-hexanol and 1-Heptanol and the aldehyde hexanal. In PC1, the concentrations of the heterocyclic compound 3-ethyl-2,5-dimethylpyrazine, phenylethyl alcohol and the aldehydes 3-chloro-4-methoxybenzaldehyde, 3,5,5-trimethyl-1-hexanal and 1-Hepten-3-one distinguished hot-air dried samples from the other samples. For Castellana lentils (Figure 1B), differences in concentrations of some alcohols (3-octanol, 1-octanol and cyclooctyl alcohol), the ester methyl 4-methoxybenzoate and some aldehydes (Hexanal, 4-Ethylbenzaldehyde and 2-Phenylpropanal) distinguished unfermented flour from fermented and lyophilised flour (PC1). Hot-air dried

359 fermented Castellana flour was characterised by higher concentrations of acetophenone,  
360 benzeneacetaldehyde, furans and pyrazines. The aroma of unfermented flour was characterised  
361 by the presence of higher concentrations of some alcohols (1-hexanol, 2-ethyl-1-hexanol, 1-  
362 nonanol and benzyl alcohol) and furfural (PC2). Briefly, white quinoa flour had the most complex  
363 profile. Fermentation gave a new flavour to the flour, as reflected by the location of  
364 unfermented white quinoa with respect to fermented white quinoa (PC1) and the volatile  
365 compounds near the samples. White quinoa hot-air dried samples at three temperatures (50,  
366 60 and 70 °C) (FWQ-50, FWQ-60, FWQ-70) differed from UWQ and FWQ (PC2). In contrast, the  
367 fermented lyophilised samples had similarities with unfermented flour. A similar trend was  
368 observed for black quinoa. Unfermented black quinoa was characterised by naphthalene and 4-  
369 Isothiocyanate-1butene. In contrast, high concentrations of 3-octanone, Hexanal, 1-octen-3-ol  
370 and benzaldehyde defined FBQ. Finally, PC2 distinguished hot-air dried samples based on 2,3-  
371 dihydro-1H-indene-4-carbaldehyde, furfural and ethyl octanoate from the other samples.

372 These findings suggest that freeze drying is the optimal method for preserving desirable odours  
373 in the types of flour under study. However, despite its effectiveness for certain ingredients such  
374 as black quinoa and Pardina lentils, freeze drying is rarely used in the industry due to cost.  
375 Instead, hot-air drying is more common. This method provides comparable results to freeze  
376 drying for white quinoa and Castellana lentils.

377 Therefore, it is crucial to evaluate the impact of hot-air drying on sensory attributes such as  
378 odour when developing new products. Freeze drying should be used as a control. All  
379 temperature variations tested in this study had similar effects on the samples. Considering only  
380 the influence on volatile compounds, higher temperatures would be preferred because they  
381 enable faster drying and reduce energy consumption. However, further studies on other  
382 physicochemical characteristics are necessary before recommending specific temperature  
383 ranges. The main limitation of this study is that these results cannot be extrapolated to other



384 substrates. A possible escalation would require fine-tuning and readjustments. Larger-scale  
385 trials should be carried out to check possible changes in the volatile profile.

386

#### 387 **4. Conclusions**

388 Solid-state fermentation (SSF) with *Pleurotus ostreatus* enhances the volatile profile of lentils  
389 and quinoa. Unfermented white and black quinoa had the least aroma, with a total peak area of  
390 96 and 32, respectively. In contrast, unfermented lentils had a stronger, green, grassy, leafy  
391 odour, with a total peak area of more than 160. After fungal fermentation, the volatile profiles  
392 gained in complexity and intensity. Pardina lentils were the least affected by fermentation, with  
393 a 570% increase in total peak area and the generation of 10 compounds. White quinoa aroma  
394 was the most affected by fermentation. Total area rose from 96 to 4500, and 30 compounds  
395 were created. Even though the volatile profile varied among samples, 8-carbon volatile  
396 compounds were found in all fermented samples due to fungal fermentation. Benzaldehyde,  
397 hexanal and 3-methoxybenzaldehyde were formed after fermentation, providing sweet, green,  
398 cocoa aromas to the fermented lentils and quinoa. Hot-air drying significantly reduced the total  
399 aromatic compounds by up to 40% in total peak area for fermented black quinoa flour. No  
400 significant differences were found between different drying temperatures.

401 Dried fermented flour retained higher levels of the key compounds that provide a sweet, cocoa  
402 aroma. Lyophilisation preserved the volatile compounds generated in fermentation to a greater  
403 extent than hot-air drying in black quinoa and Castellana lentils (more than 150% in the total  
404 peak area). In conclusion, fermented lentil and quinoa flours offer a richer and more intense  
405 flavour than unfermented lentil and quinoa flours. This finding presents a new opportunity for  
406 the inclusion of these flours in a wide variety of food products.

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411

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561

562

563

564 **Table captions**

565 **Table 1.** Volatile profile of unfermented white quinoa flour (UFWQ), fermented white quinoa  
566 (FWQ) dried at 50, 60, and 70 °C (FWQ-50, FWQ-60, FWQ-70) and lyophilised fermented white  
567 quinoa (FWQ-L).

568 **Table 2.** Volatile profile of unfermented black quinoa flour (UFBQ), fermented black quinoa  
569 (FBQ) dried at 50, 60, and 70 °C (FBQ-50, FBQ-60, FBQ-70) and lyophilised fermented black  
570 quinoa (FBQ-L).

571 **Table 3.** Volatile profile of unfermented Pardina lentil flour (UFPL), fermented Pardina lentil  
572 (FPL) dried at 50, 60, and 70 °C (FPL-50, FPL-60, FPL-70) and lyophilised fermented Pardina lentil  
573 (FPL-L).

574 **Table 4.** Volatile profile of unfermented Castellana lentil flour (UFCL), fermented Castellana  
575 lentil (FCL) dried at 50, 60, and 70 °C (FCL-50, FCL-60, FCL-70) and lyophilised fermented  
576 Castellana lentil (FCL-L).

577 **Figure captions**

578 **Figure 1.** Biplot based on principal component analysis (PCA) of the different volatile  
579 compounds found in white quinoa (A), black quinoa (B), Pardina lentil (C) and Castellana lentil  
580 (D) before and after of fermentation and drying.

TABLE 1.

NAME	RT	LRI	UFWQ	FWQ	FWQ-50	FWQ-60	FWQ-70	FWQ-L	
<b>Free acids</b>									
2-Methylpentanoic acid anhydride	22.13	1655	-	24 ± 4	-	-	-	-	
<b>Alcohols</b>									
2-Methyl-1-butanol	10.85	1207	-	31 ± 5 <sup>a</sup>	7.2 ± 0.4 <sup>b</sup>	11 ± 2 <sup>b</sup>	10.0 ± 1.2 <sup>b</sup>	38 ± 4 <sup>a</sup>	
1-Hexanol	14.80	1280	77.11 ± 0.73 <sup>b</sup>	36.0 ± 0.8 <sup>e</sup>	54 ± 2 <sup>c</sup>	48.4 ± 1.4 <sup>d</sup>	47.8 ± 0.9 <sup>d</sup>	91 ± 2 <sup>a</sup>	
3-Octanol	15.85	1299	-	28 ± 8 <sup>b</sup>	15 ± 2 <sup>b</sup>	-	-	140 ± 4 <sup>a</sup>	
1-Octen-3-ol	17.25	1452	2.19 ± 0.01 <sup>e</sup>	196 ± 2 <sup>b</sup>	119 ± 5 <sup>dc</sup>	115 ± 3 <sup>d</sup>	132.9 ± 0.4 <sup>c</sup>	395 ± 14 <sup>a</sup>	
1-Heptanol	17.41	1459	1.56 ± 0.01 <sup>e</sup>	42 ± 5 <sup>a</sup>	9 ± 0.5 <sup>d</sup>	7.3 ± 0.2 <sup>d</sup>	21 ± 11 <sup>b</sup>	11 ± 3 <sup>c</sup>	
2-Methyl-6-hepten-1-ol	17.60	1466	1.75 ± 0.14	-	-	-	-	-	
4-Ethylcyclohexanol	19.50	1543	-	33.55 ± 0.08	-	-	-	-	
1-Octanol	19.90	1560	-	51.8 ± 2.5 <sup>a</sup>	9.2 ± 0.3 <sup>c</sup>	8.53 ± 0.16 <sup>c</sup>	8.6 ± 0.4 <sup>c</sup>	22 ± 3 <sup>b</sup>	
Benzyl alcohol	26.80	1871	0.61 ± 0.07 <sup>d</sup>	3.23 ± 0.06 <sup>c</sup>	3.6 ± 0.3 <sup>c</sup>	5.0 ± 0.3 <sup>b</sup>	14.5 ± 0.4 <sup>a</sup>	-	
Phenylethyl Alcohol	27.50	1905	0.5 ± 0.2 <sup>d</sup>	3.2 ± 0.4 <sup>a</sup>	1.4 ± 0.3 <sup>c</sup>	3.37 ± 0.04 <sup>a</sup>	3.5 ± 0.3 <sup>a</sup>	2.15 ± 0.01 <sup>b</sup>	
<b>Aldehydes</b>									
Hexanal	7.22	1169	-	1400 ± 18 <sup>a</sup>	840 ± 60 <sup>b</sup>	832 ± 92 <sup>b</sup>	741 ± 2 <sup>b</sup>	570 ± 47 <sup>c</sup>	
Octanal	12.70	1240	-	99.26 ± 1.12 <sup>a</sup>	74 ± 7 <sup>b</sup>	78.61 ± 1.08 <sup>b</sup>	81 ± 2 <sup>b</sup>	21 ± 3 <sup>c</sup>	
2-Heptenal	13.70	1259	-	38 ± 6 <sup>a</sup>	-	-	-	27 ± 5 <sup>a</sup>	
Nonanal	15.60	1294	-	123 ± 6 <sup>a</sup>	97 ± 9 <sup>b</sup>	115 ± 4 <sup>a</sup>	129 ± 6 <sup>a</sup>	26.4 ± 0.2 <sup>c</sup>	
5-Ethylcyclopent-1-enecarboxaldehyde	16.15	1408	-	45.98 ± 0.08 <sup>a</sup>	27 ± 2 <sup>c</sup>	27.6 ± 0.5 <sup>cb</sup>	29.05 ± 0.01 <sup>b</sup>	11.7 ± 0.9 <sup>d</sup>	
2-Octenal	16.50	1422	-	156 ± 9 <sup>a</sup>	36 ± 0.3 <sup>c</sup>	34 ± 11 <sup>c</sup>	35.7 ± 1.5 <sup>c</sup>	65 ± 9 <sup>b</sup>	
Decanal	18.30	1494	-	17.55 ± 0.18 <sup>a</sup>	14 ± 3 <sup>a</sup>	16 ± 2 <sup>a</sup>	17.6 ± 1.2 <sup>a</sup>	4.6 ± 1.2 <sup>b</sup>	
Benzaldehyde	18.80	1514	1.91 ± 0.39 <sup>c</sup>	1221 ± 113 <sup>c</sup>	309 ± 10 <sup>b</sup>	295 ± 7 <sup>b</sup>	308 ± 29 <sup>b</sup>	405 ± 17 <sup>b</sup>	
5-methyl-2-furancarboxaldehyde	20.05	1566	-	13.63 ± 0.35 <sup>a</sup>	4.6 ± 0.3 <sup>c</sup>	9.50 ± 1.14 <sup>b</sup>	12 ± 2 <sup>ab</sup>	-	
Benzeneacetaldehyde	21.60	1632	-	3 ± 2 <sup>c</sup>	15 ± 3 <sup>b</sup>	25.1 ± 1.8 <sup>a</sup>	25.2 ± 0.3 <sup>a</sup>	6.43 ± 0.07 <sup>c</sup>	
2-Decenal	21.73	1638	-	15 ± 2 <sup>a</sup>	-	4.83 ± 1.14 <sup>b</sup>	5.9 ± 0.4 <sup>b</sup>	4.3 ± 0.3 <sup>b</sup>	
2-Butyl-2-octenal	22.30	1663	-	12.76 ± 2.8 <sup>a</sup>	6.8 ± 0.4 <sup>b</sup>	6.59 ± 0.04 <sup>b</sup>	6 ± 2 <sup>bc</sup>	1.8 ± 0.4 <sup>c</sup>	
2-hydroxy-benzaldehyde	22.40	1667	-	2.9 ± 0.3	-	-	-	-	
3-Methoxybenzaldehyde	29.65	>2000	-	345 ± 24 <sup>a</sup>	190 ± 26 <sup>b</sup>	235 ± 2 <sup>b</sup>	231 ± 5 <sup>b</sup>	318 ± 23 <sup>a</sup>	
3-Chloro-4-methoxybenzaldehyde	32.78	>2000	-	4.5 ± 0.44 <sup>b</sup>	2.59 ± 0.13 <sup>c</sup>	3.0 ± 0.2 <sup>c</sup>	3.3 ± 0.4 <sup>c</sup>	8.9 ± 0.4 <sup>a</sup>	
<b>Ketones</b>									
3-Octen-2-one	16.02	1403	-	65.11 ± 1.19 <sup>a</sup>	26 ± 4 <sup>b</sup>	28.8 ± 1.1 <sup>b</sup>	29.2 ± 0.6 <sup>b</sup>	11.3 ± 1.8 <sup>c</sup>	
Methyl-1-cyclopenten-1-yl)-ethanone	20.60	1589	0.28 ± 0.07 <sup>d</sup>	6.32 ± 0.18 <sup>c</sup>	14 ± 2 <sup>b</sup>	18.4 ± 0.3 <sup>a</sup>	20.1 ± 0.7 <sup>a</sup>	1.1 ± 0.1 <sup>d</sup>	
2-Undecanone	20.75	1595	-	11 ± 3	-	-	-	-	
Acetophenone	21.80	1641	0.36 ± 0.01 <sup>c</sup>	2.39 ± 0.01 <sup>b</sup>	2.93 ± 0.04 <sup>a</sup>	2.7 ± 0.3 <sup>a</sup>	2.5 ± 0.4 <sup>a</sup>	1.2 ± 0.2 <sup>a</sup>	
5-(Hydroxymethyl)dihydrofuran-2(3H)-one	23.00	1693	-	7.9 ± 0.2	-	-	-	-	
<b>Heterocyclic compounds</b>									
2-Pentylfuran	11.25	1214	6.69 ± 0.31 <sup>e</sup>	123 ± 14 <sup>c</sup>	153 ± 7 <sup>b</sup>	230 ± 13 <sup>a</sup>	244 ± 6 <sup>a</sup>	97 ± 12 <sup>d</sup>	
Ethyl 2-(5-methyl-5-vinyltetrahydrofuran-2-yl)propan-2-yl carbonate	17.01	1261	1.54 ± 0.01 <sup>b</sup>	22.34 ± 0.09 <sup>a</sup>	-	-	-	-	
2-Propylfuran	18.13	1487	-	4.36 ± 0.05	-	-	-	-	
Pyrrrole	18.70	1510	1.58 ± 0.18	-	-	-	-	-	
2-n-Butyl furan	20.46	1583	-	10.4 ± 0.7 <sup>a</sup>	-	-	-	7.1 ± 1.3 <sup>a</sup>	
3-Phenylfuran	26.22	1844	-	42 ± 14 <sup>a</sup>	1.8 ± 0.2 <sup>b</sup>	2.9 ± 0.2 <sup>b</sup>	3.6 ± 0.3 <sup>b</sup>	21 ± 10 <sup>b</sup>	
2(3H)-Furanone, dihydro-5-pentyl-	29.78	>2000	-	2.3 ± 0.5 <sup>c</sup>	12 ± 2 <sup>ab</sup>	14.78 ± 0.10 <sup>a</sup>	10.28 ± 0.07 <sup>b</sup>	9.5 ± 0.5 <sup>b</sup>	
<b>Phenolic compounds</b>									
Phenol	29.34	1998	0.37 ± 0.02 <sup>d</sup>	2.1 ± 0.2 <sup>c</sup>	3.74 ± 0.01 <sup>b</sup>	4.6 ± 0.2 <sup>a</sup>	4.3 ± 0.5 <sup>ab</sup>	-	
<b>Esters</b>									
Ethyl hexanoate	11.46	1218	-	200.06 ± 0.04 <sup>a</sup>	116 ± 2 <sup>c</sup>	140.4 ± 1.7 <sup>bc</sup>	122 ± 10 <sup>c</sup>	175 ± 30 <sup>ab</sup>	
Ethyl octanoate	16.75	1432	-	58 ± 8 <sup>a</sup>	36 ± 2 <sup>b</sup>	57 ± 8 <sup>a</sup>	53 ± 2 <sup>a</sup>	35 ± 12 <sup>b</sup>	
Ethyl benzoate	22.22	1660	-	-	2.7 ± 0.3 <sup>b</sup>	1.87 ± 0.10 <sup>a</sup>	2.09 ± 0.09 <sup>b</sup>	6.4 ± 0.5 <sup>a</sup>	
Methyl 4-methoxybenzoate	30.96	>2000	-	7.6 ± 0.9 <sup>a</sup>	2.5 ± 0.6 <sup>c</sup>	4.80 ± 0.13 <sup>b</sup>	5.4 ± 0.2 <sup>b</sup>	5.5 ± 0.7 <sup>b</sup>	
<b>ether</b>									
2-Propylphenol, methyl ether	26.07	1836	-	3.42 ± 0.16 <sup>b</sup>	1.9 ± 0.5 <sup>c</sup>	3.12 ± 0.01 <sup>b</sup>	4.2 ± 0.4 <sup>a</sup>	1.03 ± 0.04 <sup>d</sup>	
<b>Total</b>				96 ± 2 <sup>c</sup>	4500 ± 250 <sup>a</sup>	2200 ± 145 <sup>b</sup>	2389 ± 155 <sup>b</sup>	2360 ± 88 <sup>b</sup>	2550 ± 200 <sup>b</sup>



582 The data represent the peak area/100,000. <sup>abc</sup> Lowercase letters indicate significant differences at the 95% ( $p < 0.05$ ) significance level between  
583 flours in the same row. RT: retention time. LRI: linear retention indices.

584

TABLE 2.

VOLATILE COMPOUND	RT	LRI	UFBQ	FBQ	FBQ-50	FBQ-60	FBQ-70	FBQ-L	
<i>Alcohols</i>									
1-Pentanol	12.21	1232	-	32 ± 3 <sup>a</sup>	18.8 ± 1.8 <sup>bc</sup>	13 ± 4 <sup>c</sup>	-	25 ± 3 <sup>ab</sup>	
1-Hexanol	14.80	1280	3.6 ± 0.1 <sup>e</sup>	12.6 ± 1.2 <sup>d</sup>	14.1 ± 0.5 <sup>c</sup>	11.88 ± 0.04 <sup>d</sup>	15.843 ± 0.009 <sup>b</sup>	29 ± 0.3 <sup>a</sup>	
3-Octanol	15.85	1299	-	69 ± 17 <sup>b</sup>	25 ± 4 <sup>c</sup>	0.9 ± 0.2 <sup>c</sup>	-	165 ± 3 <sup>a</sup>	
1-Octen-3-ol	17.25	1452	-	323 ± 25 <sup>a</sup>	50.5 ± 0.3 <sup>a</sup>	61.6 ± 1.5 <sup>c</sup>	62.6 ± 1.6 <sup>c</sup>	177 ± 3 <sup>b</sup>	
1-Heptanol	17.41	1459	-	8.08 ± 0.02	-	-	-	-	
1-Octanol	19.90	1560	-	14.1 ± 0.9 <sup>a</sup>	3.98 ± 0.03 <sup>c</sup>	1.9 ± 0.3 <sup>d</sup>	1.5 ± 0.8 <sup>d</sup>	7.8 ± 0.8 <sup>b</sup>	
<i>Aldehydes</i>									
Hexanal	7.22	1169	-	724 ± 38 <sup>a</sup>	310 ± 3 <sup>c</sup>	279 ± 8 <sup>c</sup>	311 ± 31 <sup>c</sup>	490 ± 27 <sup>b</sup>	
Octanal	12.70	1240	-	24.8 ± 1.5 <sup>c</sup>	40.1 ± 1.5 <sup>b</sup>	24.7 ± 1.0 <sup>c</sup>	40 ± 13 <sup>b</sup>	66 ± 3 <sup>a</sup>	
2-Heptenal	13.70	1259	-	18.2 ± 0.8	-	-	-	-	
Nonanal	15.60	1294	-	23 ± 4 <sup>c</sup>	30 ± 2 <sup>b</sup>	29.8 ± 0.6 <sup>b</sup>	38 ± 3 <sup>a</sup>	29 ± 3 <sup>b</sup>	
5-Ethylcyclopent-1-enecarboxaldehyde	16.15	1408	-	17.1 ± 0.4 <sup>ab</sup>	13.2 ± 0.3 <sup>d</sup>	14.5 ± 1.0 <sup>cd</sup>	16 ± 0.06 <sup>bc</sup>	19 ± 2 <sup>a</sup>	
2-Octenal, (E)-	16.50	1422	-	71 ± 3	-	-	-	-	
Benzaldehyde	18.80	1514	3.9 ± 0.6 <sup>c</sup>	437 ± 22 <sup>a</sup>	130 ± 3 <sup>b</sup>	194 ± 23 <sup>b</sup>	187 ± 6.9 <sup>b</sup>	406 ± 77 <sup>a</sup>	
5-methyl-2-furancarboxaldehyde	20.05	1566	-	16.1 ± 0.8 <sup>a</sup>	12 ± 3 <sup>b</sup>	11.0 ± 0.2 <sup>b</sup>	10.7 ± 0.3 <sup>b</sup>	17.2 ± 1.3 <sup>a</sup>	
Benzeneacetaldehyde	21.60	1632	5 ± 5 <sup>d</sup>	13.7 ± 1.2 <sup>c</sup>	28 ± 2 <sup>a</sup>	25.7 ± 0.2 <sup>ab</sup>	29.7 ± 1.2 <sup>a</sup>	20.4 ± 0.6 <sup>b</sup>	
2,3-dihydro-1H-indene-4-carbaldehyde	27.80	1921	-	-	0.658 ± 0.002 <sup>a</sup>	0.41 ± 0.02 <sup>b</sup>	0.34 ± 0.02 <sup>c</sup>	-	
3-Methoxybenzaldehyde	29.65	>2000	2.3 ± 0.7 <sup>d</sup>	112 ± 6 <sup>b</sup>	90 ± 4 <sup>c</sup>	98 ± 4 <sup>bc</sup>	86 ± 4 <sup>c</sup>	202 ± 16 <sup>a</sup>	
3-Chloro-4-methoxybenzaldehyde	32.78	>2000	-	2.7 ± 0.2 <sup>b</sup>	1.7 ± 0.2 <sup>c</sup>	1.94 ± 0.06 <sup>c</sup>	2.1 ± 0.3 <sup>c</sup>	3.4 ± 0.3 <sup>a</sup>	
<i>Ketones</i>									
3-Octanone	11.85	1225	-	238 ± 63 <sup>a</sup>	-	-	-	122 ± 4 <sup>a</sup>	
1-Hepten-3-one	13.25	1251	-	13 ± 3	-	-	-	-	
	14.00	1264	-	10.4 ± 0.3	-	-	-	-	
3-Octen-2-one	16.02	1403	-	34 ± 3 <sup>c</sup>	38.6 ± 1.2 <sup>b</sup>	31.9 ± 0.3 <sup>c</sup>	31 ± 0.3 <sup>c</sup>	44 ± 3 <sup>a</sup>	
Acetophenone	21.80	1641	0.42 ± 0.1 <sup>d</sup>	1.4 ± 0.2 <sup>c</sup>	3.5 ± 0.4 <sup>a</sup>	2.8 ± 0.5 <sup>b</sup>	2.31 ± 0.04 <sup>b</sup>	2.37 ± 0.09 <sup>b</sup>	
<i>Heterocyclic compounds</i>									
2-Pentylfuran	11.25	1214	-	75 ± 4 <sup>c</sup>	248 ± 17 <sup>a</sup>	223 ± 4 <sup>a</sup>	165 ± 32 <sup>b</sup>	93 ± 4 <sup>c</sup>	
Furfural	17.39	1458	3.4 ± 0.2 <sup>d</sup>	7.5 ± 0.4 <sup>ab</sup>	8.81 ± 0.02 <sup>a</sup>	6.6 ± 0.9 <sup>abc</sup>	4.9 ± 1.7 <sup>bcd</sup>	4.2 ± 1.2 <sup>cd</sup>	
Naphthalene	23.70	1725	2.9 ± 0.9	-	-	-	-	-	
<i>Phenolic compounds</i>									
Phenol	29.34	1998	0.83 ± 0.02 <sup>b</sup>	1.14 ± 0.08 <sup>b</sup>	3.4 ± 0.4 <sup>a</sup>	3.2 ± 0.2 <sup>a</sup>	3.1 ± 0.4 <sup>a</sup>	1.2 ± 0.1 <sup>b</sup>	
<i>Esters</i>									
Ethyl octanoate	16.75	1432	-	-	7.8 ± 0.4 <sup>a</sup>	2.3 ± 0.3 <sup>c</sup>	5.0 ± 0.2 <sup>b</sup>	-	
Methyl 4-methoxybenzoate	30.96	>2000	-	1.06 ± 0.06 <sup>a</sup>	0.99 ± 0.09 <sup>a</sup>	0.9 ± 0.2 <sup>a</sup>	0.86 ± 0.15 <sup>a</sup>	1.5 ± 0.2 <sup>a</sup>	
<i>Others</i>									
4-Isothiocyante-1-butene	17.15	1448	7.6 ± 1.1	-	-	-	-	-	
.beta.-Bisabolene	23.55	1719	-	-	2.9 ± 0.2 <sup>a</sup>	2.2 ± 0.2 <sup>b</sup>	2.3 ± 0.1 <sup>b</sup>	-	
<b>Total</b>				32 ± 9 <sup>c</sup>	2310 ± 200 <sup>a</sup>	1080 ± 45 <sup>b</sup>	1040 ± 50 <sup>b</sup>	1020 ± 97 <sup>b</sup>	1970 ± 150 <sup>a</sup>

586

The data represent the peak area/100,000. <sup>abc</sup> Lowercase letters indicate significant differences at the 95% (p <0.05) significance level between flours in the same row. RT: retention time. LRI: linear retention indices.

587

588

TABLE 3.

NAME	RT	LRI	UFPL	FPL	FPL-50	FPL-60	FPL-70	FPL-L
<i>Alcohols</i>								
1-Hexanol	14.80	1207	29 ± 2 <sup>a</sup>	-	1.9 ± 0.6 <sup>c</sup>	-	-	6 ± 2 <sup>b</sup>
3-Octanol	15.85	1299	-	98 ± 14 <sup>a</sup>	31 ± 3 <sup>c</sup>	35.6 ± 1.8 <sup>bc</sup>	49 ± 12 <sup>c</sup>	59 ± 4 <sup>b</sup>
1-Octen-3-ol	17.25	1452	-	353 ± 27 <sup>a</sup>	83 ± 2 <sup>c</sup>	102 ± 5 <sup>c</sup>	108 ± 21 <sup>c</sup>	207 ± 8 <sup>b</sup>
1-Heptanol	17.41	1459	2.5 ± 0.4	-	-	-	-	-
2-Ethyl-1-hexanol	18.25	1492	1.4 ± 0.1	-	-	-	-	-
Benzyl alcohol	26.80	1871	1.51 ± 0.02 <sup>a</sup>	2.14 ± 0.17 <sup>a</sup>	1.01 ± 0.03 <sup>a</sup>	-	-	2.1 ± 0.4 <sup>a</sup>
Phenylethyl Alcohol	27.50	1905	0.9 ± 0.1 <sup>a</sup>	0.47 ± 0.06 <sup>b</sup>	-	-	-	0.5 ± 0.1 <sup>ab</sup>
<i>Aldehydes</i>								
Hexanal	7.22	1169	132 ± 11 <sup>a</sup>	10 ± 5 <sup>b</sup>	17 ± 3 <sup>b</sup>	14 ± 2 <sup>b</sup>	15 ± 2 <sup>b</sup>	-
3,5,5-trimethyl-1-hexanal	18.10	1485	-	27 ± 1 <sup>a</sup>	-	-	-	22 ± 3 <sup>a</sup>
Benzaldehyde	18.80	1514	6.9 ± 0.6 <sup>d</sup>	405 ± 6 <sup>b</sup>	583 ± 8 <sup>a</sup>	129 ± 6 <sup>c</sup>	444 ± 47 <sup>b</sup>	473 ± 50 <sup>b</sup>
Benzeneacetaldehyde	21.60	1632	1.5 ± 0.3 <sup>c</sup>	39 ± 3 <sup>a</sup>	24.7 ± 1.5 <sup>b</sup>	25 ± 3 <sup>b</sup>	36 ± 4 <sup>b</sup>	29 ± 2 <sup>b</sup>
2,3-dihydro-1H-indene-4-carbaldehyde	27.80	1921	-	0.62 ± 0.04	-	-	-	-
3-Methoxybenzaldehyde	29.65	>2000	-	2.7 ± 0.2 <sup>b</sup>	1.7 ± 0.1 <sup>b</sup>	1.1 ± 0.1 <sup>b</sup>	1.8 ± 0.2 <sup>b</sup>	8.0 ± 1.5 <sup>a</sup>
3-Chloro-4-methoxybenzaldehyde	32.78	>2000	-	3.5 ± 0.3 <sup>a</sup>	4.4 ± 0.3 <sup>a</sup>	3.13 ± 0.06 <sup>a</sup>	4.6 ± 0.3 <sup>a</sup>	3.1 ± 1.4 <sup>a</sup>
<i>Ketones</i>								
3-Octanone	11.85	1225	-	172 ± 28 <sup>a</sup>	20 ± 7 <sup>b</sup>	34.1 ± 0.9 <sup>b</sup>	16 ± 6 <sup>b</sup>	43 ± 5 <sup>b</sup>
1-Hepten-3-one	13.25	1251	-	18 ± 1 <sup>a</sup>	-	-	-	11.3 ± 0.2 <sup>b</sup>
Acetophenone	21.80	1641	-	4.1 ± 0.8 <sup>b</sup>	2.5 ± 0.2 <sup>b</sup>	3.3 ± 0.2 <sup>b</sup>	3.28 ± 0.02 <sup>b</sup>	3 ± 1 <sup>a</sup>
<i>Heterocyclic compounds</i>								
3-Ethyl-2,5-dimethylpyrazine	17.06	1445	-	-	3.20 ± 0.06 <sup>c</sup>	8.7 ± 0.7 <sup>b</sup>	5.5 ± 0.8 <sup>a</sup>	-
3-Phenylfuran	26.22	1844	-	0.99 ± 0.03 <sup>b</sup>	0.85 ± 0.08 <sup>b</sup>	1.29 ± 0.06 <sup>a</sup>	1.54 ± 0.07 <sup>a</sup>	0.79 ± 0.09 <sup>b</sup>
<i>Phenolic compounds</i>								
Phenol	29.34	1998	0.44 ± 0.06 <sup>d</sup>	0.85 ± 0.01 <sup>ab</sup>	0.73 ± 0.02 <sup>bc</sup>	0.6 ± 0.1 <sup>cd</sup>	1.05 ± 0.15 <sup>a</sup>	0.684 ± 0.001 <sup>ab</sup>
<b>Total</b>			199 ± 18 <sup>d</sup>	1137 ± 87 <sup>a</sup>	780 ± 28 <sup>b</sup>	362 ± 18 <sup>c</sup>	685 ± 93 <sup>b</sup>	880 ± 36 <sup>b</sup>

590 The data represent the peak area/100,000. <sup>abc</sup> Lowercase letters indicate significant differences at the 95% (p < 0.05) significance level between  
591 flours in the same row. RT: retention time. LRI: linear retention indices.

TABLE 4.

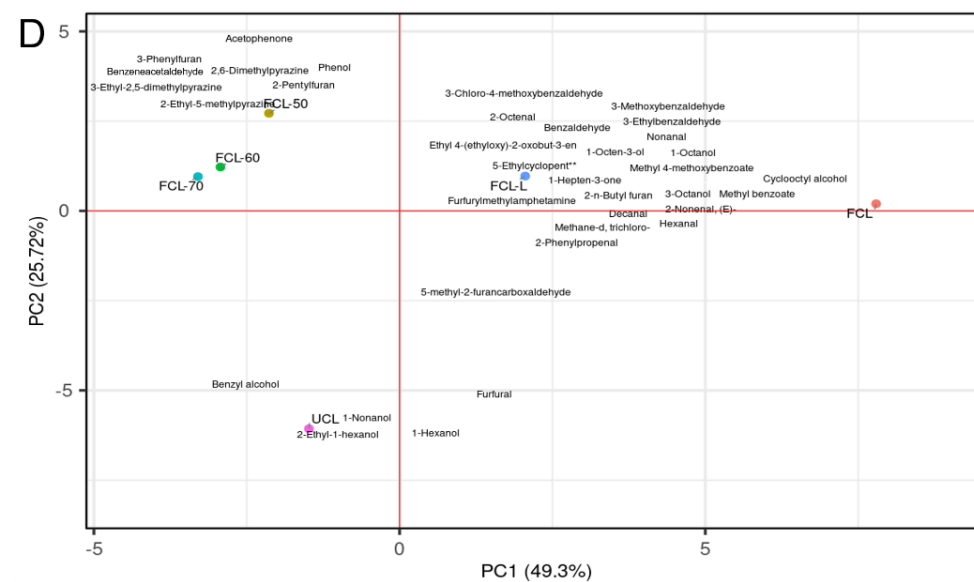
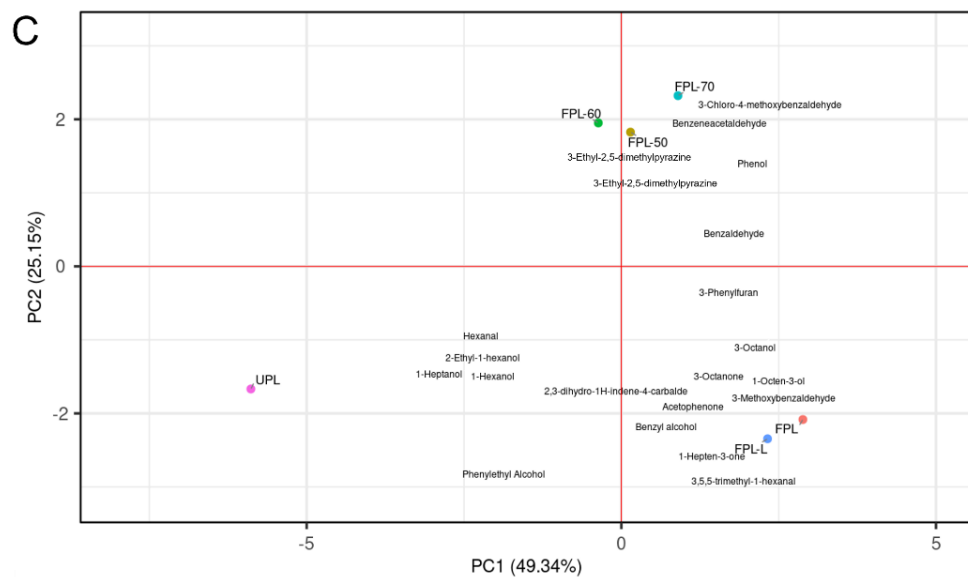
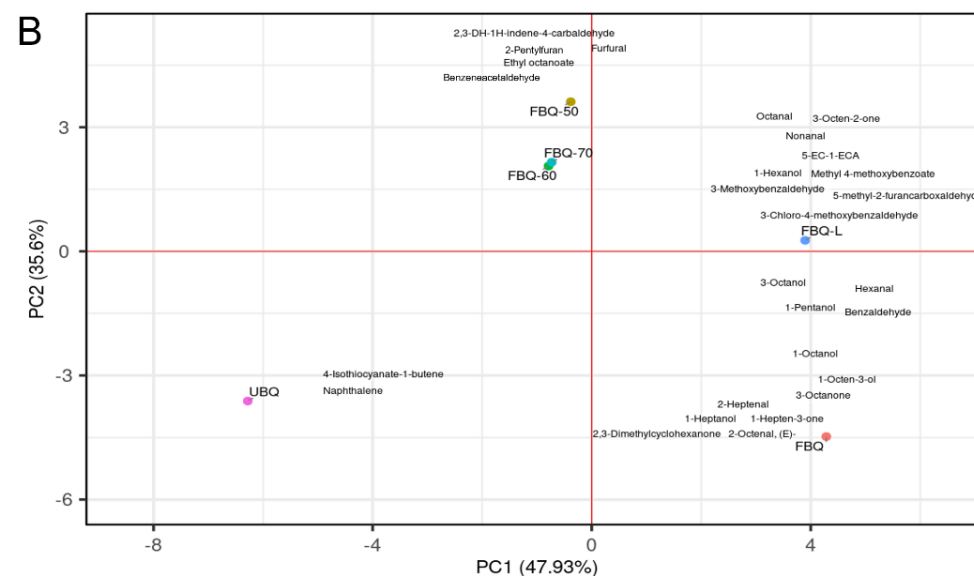
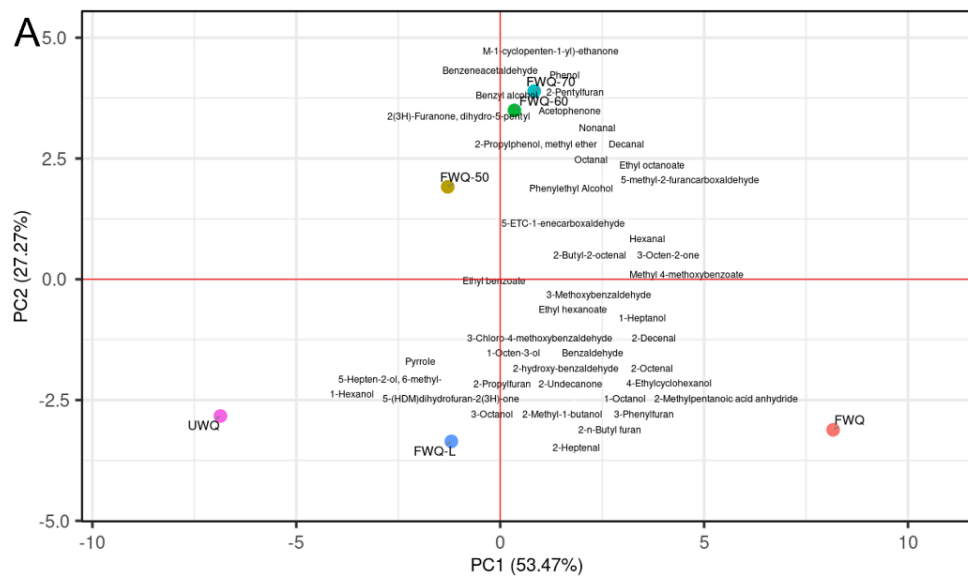
NAME	RT	LRI	UFCL	FCL	FCL-50	FCL-60	FCL-70	FCL-L
<b>Alcohols</b>								
1-Hexanol	14.80	1280	70.3 ± 0.4 <sup>a</sup>	28 ± 2 <sup>b</sup>	8.6 ± 0.5 <sup>d</sup>	5.6 ± 0.4 <sup>e</sup>	5.4 ± 0.5 <sup>e</sup>	17.7 ± 0.2 <sup>c</sup>
3-Octanol	15.85	1299	-	99 ± 15 <sup>a</sup>	-	-	-	14 ± 5 <sup>b</sup>
1-Octen-3-ol	17.25	1452	3.1 ± 0.3 <sup>d</sup>	302 ± 27 <sup>b</sup>	30 ± 2 <sup>c</sup>	45.4 ± 0.6 <sup>c</sup>	37.5 ± 1.5 <sup>c</sup>	460.6 ± 1.4 <sup>a</sup>
2-Ethyl-1-hexanol	18.25	1492	1.6 ± 0.2	-	-	-	-	-
1-Octanol	19.90	1560	-	6.8 ± 0.2 <sup>a</sup>	1.8 ± 0.2 <sup>c</sup>	-	-	3.9 ± 0.2 <sup>b</sup>
Cyclooctyl alcohol	21.25	1617	-	7.3 ± 0.6 <sup>a</sup>	-	-	-	4.24 ± 0.08 <sup>b</sup>
1-Nonanol	22.25	1661	1.2 ± 0.1	-	-	-	-	-
Benzyl alcohol	26.80	1871	4.7 ± 0.7 <sup>a</sup>	0.57 ± 0.02 <sup>d</sup>	0.9 ± 0.2 <sup>cd</sup>	1.5 ± 0.1 <sup>c</sup>	3.8 ± 0.2 <sup>b</sup>	1.6 ± 0.2 <sup>c</sup>
<b>Aldehydes</b>								
Hexanal	7.22	1169	38 ± 3 <sup>b</sup>	131 ± 11 <sup>a</sup>	48 ± 3 <sup>b</sup>	16 ± 3 <sup>c</sup>	-	45.9 ± 0.2 <sup>b</sup>
Nonanal	15.60	1294	-	10.7 ± 0.8 <sup>a</sup>	5.1 ± 0.2 <sup>b</sup>	-	-	8.9 ± 0.8 <sup>a</sup>
5-Ethylcyclopent-1-enecarboxaldehyde	16.15	1408	-	11.5 ± 0.6 <sup>a</sup>	4.1 ± 0.2 <sup>b</sup>	-	-	-
2-Octenal	16.50	1422	-	16 ± 2 <sup>a</sup>	17.8 ± 0.8 <sup>a</sup>	-	-	-
Decanal	18.30	1494	-	6.9 ± 1.4	-	-	-	-
Benzaldehyde	18.80	1514	4.5 ± 0.2 <sup>e</sup>	250 ± 19 <sup>b</sup>	91 ± 0.7 <sup>d</sup>	118 ± 2 <sup>d</sup>	149.1 ± 0.7 <sup>c</sup>	530 ± 22 <sup>a</sup>
2-Nonenal, (E)-	19.20	1531	-	3.8 ± 0.3	-	-	-	-
5-methyl-2-furancarboxaldehyde	20.05	1566	4.5 ± 1.6 <sup>ab</sup>	5.4 ± 0.2 <sup>a</sup>	4.1 ± 0.1 <sup>abc</sup>	3.4 ± 0.2 <sup>bc</sup>	3.81 ± 0.02 <sup>abc</sup>	2.4 ± 0.8 <sup>c</sup>
Benzeneacetaldehyde	21.60	1632	-	27 ± 2 <sup>b</sup>	45.7 ± 1.6 <sup>a</sup>	49.5 ± 0.4 <sup>a</sup>	46.8 ± 1.9 <sup>a</sup>	26.9 ± 0.4 <sup>b</sup>
3-Ethylbenzaldehyde	23.00	1694	-	1.39 ± 0.06 <sup>a</sup>	0.78 ± 0.07 <sup>b</sup>	-	-	0.95 ± 0.01 <sup>b</sup>
2-Phenylpropenal	25.10	1790	-	2.02 ± 0.09	-	-	-	-
Benzeneacetaldehyde, .alpha.-ethylidene-	27.80	1921	-	0.61 ± 0.01 <sup>c</sup>	1.9 ± 0.2 <sup>a</sup>	1.24 ± 0.01 <sup>b</sup>	1.2 ± 0.2 <sup>b</sup>	0.963 ± 0.002 <sup>b</sup>
3-Methoxybenzaldehyde	29.65	>2000	-	698 ± 20 <sup>b</sup>	145 ± 10 <sup>d</sup>	260 ± 11 <sup>c</sup>	260 ± 6 <sup>c</sup>	838 ± 19 <sup>a</sup>
3-Chloro-4-methoxybenzaldehyde	32.78	>2000	-	28.3 ± 0.4 <sup>b</sup>	5.7 ± 0.5 <sup>e</sup>	15.9 ± 0.9 <sup>d</sup>	17.6 ± 0.8 <sup>c</sup>	31.7 ± 0.03 <sup>a</sup>
<b>Ketones</b>								
1-Hepten-3-one	13.25	1251	-	14 ± 3 <sup>a</sup>	-	-	-	13 ± 2 <sup>a</sup>
Acetophenone	21.80	1641	-	1.7 ± 0.5 <sup>b</sup>	5.5 ± 0.5 <sup>a</sup>	5.9 ± 0.3 <sup>a</sup>	5.6 ± 0.3 <sup>a</sup>	1.5 ± 0.2 <sup>b</sup>
<b>Heterocyclic compounds</b>								
Furfurylmethylamphetamine	11.00	1210	2.1 ± 0.2 <sup>c</sup>	9 ± 2 <sup>b</sup>	-	-	-	24.8 ± 0.5 <sup>a</sup>
2-Pentylfuran	11.25	1214	-	-	87.3 ± 0.02 <sup>a</sup>	20 ± 5 <sup>b</sup>	14 ± 4 <sup>b</sup>	-
2,6-Dimethylpyrazine	14.02	1265	-	-	16.4 ± 1.9 <sup>a</sup>	8.9 ± 0.4 <sup>b</sup>	13.6 ± 0.6 <sup>a</sup>	-
3-Ethyl-2,5-dimethylpyrazine	17.06	1445	-	-	5.3 ± 0.4 <sup>a</sup>	3.8 ± 0.2 <sup>b</sup>	4.988 ± 0.001 <sup>a</sup>	-
Furfural	17.39	1458	27 ± 9 <sup>a</sup>	21 ± 4 <sup>ab</sup>	13 ± 3 <sup>bc</sup>	11.5 ± 1.7 <sup>bc</sup>	11.6 ± 0.02 <sup>bc</sup>	10 ± 2 <sup>c</sup>
2-Ethyl-5-methylpyrazine	18.10	1486	-	16 ± 0.4 <sup>a</sup>	4.4 ± 0.7 <sup>c</sup>	6.1 ± 0.2 <sup>b</sup>	6.9 ± 0.3 <sup>b</sup>	-
2-n-Butyl furan	20.46	1583	-	1.11 ± 0.05	-	-	-	-
3-Phenylfuran	26.22	1844	-	-	2.14 ± 0.09 <sup>ab</sup>	1.8 ± 0.2 <sup>b</sup>	2.6 ± 0.3 <sup>a</sup>	0.63 ± 0.08 <sup>c</sup>
<b>Phenolic compounds</b>								
Phenol	29.34	1998	1.2 ± 0.2 <sup>cd</sup>	1.00 ± 0.01 <sup>d</sup>	2.9 ± 0.1 <sup>c</sup>	2.22 ± 0.14 <sup>b</sup>	1.4 ± 0.1 <sup>c</sup>	2.8 ± 0.3 <sup>a</sup>
<b>Esters</b>								
Ethyl 4-(ethyloxy)-2-oxobut-3-enoate	13.85	1262	-	2.5 ± 0.3 <sup>a</sup>	2.1 ± 0.2 <sup>a</sup>	-	-	-
Methyl benzoate	21.17	1614	-	1.03 ± 0.07	-	-	-	-
Methyl 4-methoxybenzoate	30.96	>2000	-	2.38 ± 0.01 <sup>a</sup>	-	-	-	2.3 ± 0.2 <sup>a</sup>
<b>Others</b>								
Methane-d, trichloro-	5.58	1154	-	28 ± 5 <sup>a</sup>	-	-	-	-
<b>Total</b>			<b>160 ± 15<sup>d</sup></b>	<b>1730 ± 120<sup>b</sup></b>	<b>554 ± 28<sup>c</sup></b>	<b>585 ± 27<sup>c</sup></b>	<b>592 ± 18<sup>c</sup></b>	<b>2052 ± 56<sup>a</sup></b>

594

The data represent the peak area/100,000. <sup>abc</sup> Lowercase letters indicate significant differences at the 95% (p <0.05) significance level between

595

flours in the same row. RT: retention time. LRI: linear retention indices.



596  
597

**FIGURE 1.**

