## **TABLE OF CONTENTS**

INTRODUCTION	1
CONSUMPTION TRENDS AND MARKET DRIVERS IN THE VEGETABLE SECTOR	4
HEAT TREATMENT IN VEGETABLES	8
SOUS-VIDE OR SEALING COOKING VACUUM	14
Heating equipment	16
Microbiology in sous-vide	18
Temperatures in cooking sous-vide	20
Sensory properties	25
COOK-VIDE OR VACUUM BOILING	27
SENSORY ANALISYS	29
REFERENCES	34
AIMS AND THESIS OUTLINE	49
CHAPTER 1:	55
PHYSICO-CHEMICAL AND STRUCTURAL CHARACTERISTICS OF	
VEGETABLES COOKED UNDER VACUUM TREATMENTS AND	
CONVENTIONAL BOILING	
CHAPTER 2:	83
EFFECT OF VACUUM COOKING TREATMENT ON PHYSICO-CHEMICAL AND	
STRUCTURAL CHARACTERISTICS OF PURPLE-FLESH POTATO	

CHAPTER 3:	115
OPTIMIZING THE TEXTURE AND COLOR OF SOUS-VIDE AND COOK-VIDE	
GREEN BEAN PODS	
CHARTER 4.	141
CHAPTER 4:	141
COMPARISON OF VACUUM TREATMENTS AND TRADITIONAL COOKING	
USING INSTRUMENTAL AND SENSORY ANALYSIS	
CHARTER E.	165
CHAPTER 5:	165
ADVANTAGES OF SOUS-VIDE TREATMENT FOR COOKING RED CABBAGE:	
STRUCTURAL, NUTRITIONAL AND SENSORY ASPECTS	
GENERAL SUMMARY AND DISCUSSION	195
GENERAL SOMMANT AND DISCUSSION	193
CONCLUSIONS AND SUGGESTIONS FOR FUTURE	203
RESEARCH	
NESLANCII	