

**Aliona GHENDOV-MOSANU**  
PhD habilitat in Engineering Sciences  
Technical University of Moldova  
Email: [aliona.mosanu@tpa.utm.md](mailto:aliona.mosanu@tpa.utm.md)

## **FOAMING AGENTS OF VEGETABLE ORIGIN FOR THE MANUFACTURE OF FASTING CONFECTIONERY PRODUCTS**

The fast is an important period in the life of Orthodox Christians. People are somehow trying to adapt to this period, and in order not to feel the lack of certain types of food so much, it is necessary to develop new technologies for the manufacture of fasting confectionery products. Currently, various non-traditional materials of vegetable origin are used to increase the biological value of confectionery products and to widen the range of fasting foods so that they are accessible to more types of consumers. Fasting confectionery products can be obtained by replacing foaming agents of animal origin with those of vegetable origin. Cooking beans water (aquafaba) is a viscous liquid that contains an important source of soluble protein and can be applied as a foaming agent in the manufacture of fasting confectionery products. For the research, cooking chickpea water obtained under laboratory conditions and from chickpea cans were analyzed. Quality indices (sensory and physicochemical) and technological properties (foam formation capacity, foam stability) of aquafaba were determined. Technologies to produce sponge cake, meringue and zefir of fasting were developed. The quality of these fasting products was in accordance with the normative documents in force. It has been shown that there is a possibility to replace animal-based foaming agent (eggs) with plant-based agent (aquafaba) for creation of a new range of fasting confectionery products.

\* **Acknowledgments:** The author would like to thank the Moldova State Projectno. 20.80009.5107.09 “Improvement of food quality and safety by biotechnology and food engineering”, running at Technical University of Moldova.