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Reception of an oil extract from amaranth seeds

Most actual problems now is improvement of structure of a food of the population. Last years interest to use of new kinds of the plants different from useful properties traditional on a complex and signs has increased. Among the new vegetative resources mankind, the special place occupies an amaranth which can make further a competition to a Soya (on nutritional value). The cultivated a pas of territory of Mexico and Peru more 8 thousand years ago. Now it is the international culture with the raised fiber (to 18%), balanced on irreplacable amino acids, unique oil on the structure.

Introduction in culture of an amaranth is connected with N. I. Vavilov's name which in 30th years, already the last century, studying America, has become interested in this plant and has actively started to propagandize and introduce it in Russia, however, which have torn off a life of the great scientist-biologist have braked amaranth movement in Russia. And only since eightie

the coming of this culture has begun at us, basically thanking to enthusiasm professors Magomedova I. M. from Sankt-Petersburg about Professor Chernova I. L. from the Kazan university.

The culture still is for us exotic. It is connected first of all with absence of system of manufacture of raw materials, creation of the full use of grain of an amaranth. Now one of set of ways of reception of vegetable oil is pressing. In the majority of the press from oils, from raw materials oil content which not below 15% that does its unsuitable for отжимa low oilseed raw.

The maintenance of oil amaranth grain concerns to low oilseed to a cult Frames, with the oil maintenance not above 80%, of process of pressing consist in qualitative preparation of raw materials with the subsequent extraction of oil.

In connection with its high efficiency and prospect manufactures in agriculture and thanks to a unique chemical compound play large role in its use for the food purposes and extraction of biologically active components. The amaranth is known in our time. In 30-50th years in from efficient areas of Ukraine and the North Caucasus successfully cultivated an amaranth on the researches of last years have shown that amaranth seeds, under the fiber maintenance, aminoacidophylly to a set of the last, vitamins, biologically active substances, to qualitative structure продукты surpass the basic traditional food cultures.

The Food commission of the United Nations (FAO/CART) consider an amaranth as culture of the XXI-st century. By a 100-mark of researches American Scientists, amaranth seeds occupy the highest step on biological value of fiber containing in while wheat proteins — 56,9, soybeans — 68, and the cow milk — 72,2 points.
Value and role of grain culture an amaranth, as foodstuff

Public of Kazakhstan last years there is a tendency of decrease in the maintenance of fiber hazardous to health of the nation in a food. An indicator the general consumption of fibers continues to worsen at the expense of reduction consumption all cattle-breeding fish and others aluminum products a food. Despite a considerable quantity of works on problems of research and use of an amaranth situation demands additional studying.

Infection with the above-stated, the work purpose research of a chemical compound of seeds. A welt high the food values1, of an amaranth as a foodstuff, consists mainly in food value of its seeds which according to various researches, are a source high-fiber2 especially rich lysine which lack is often felt in other plants4.

Table 1. – Aminokislomny balance (in mg on 100) irreplaceable amino acids of some products (by data)

<table>
<thead>
<tr>
<th>The object name</th>
<th>Threonine</th>
<th>Valine</th>
<th>Leucine</th>
<th>Isoleucine</th>
<th>Lysine</th>
<th>Methionine</th>
<th>Phenylalanine</th>
<th>Tryptophan</th>
</tr>
</thead>
<tbody>
<tr>
<td>milk</td>
<td>370</td>
<td>580</td>
<td>970</td>
<td>520</td>
<td>340</td>
<td>180</td>
<td>620</td>
<td>140</td>
</tr>
<tr>
<td>whey</td>
<td>1390</td>
<td>2090</td>
<td>2670</td>
<td>1810</td>
<td>2090</td>
<td>520</td>
<td>1610</td>
<td>450</td>
</tr>
<tr>
<td>ust A. caudatus</td>
<td>153</td>
<td>191</td>
<td>283</td>
<td>189</td>
<td>261</td>
<td>83</td>
<td>175</td>
<td>50</td>
</tr>
<tr>
<td>ust A. hypochondriacus</td>
<td>385</td>
<td>524</td>
<td>965</td>
<td>480</td>
<td>342</td>
<td>210</td>
<td>648</td>
<td>180</td>
</tr>
</tbody>
</table>

According to the data published in the special literature, amaranth seeds contain a significant amount of mineral substances which testify sulfur, calcium, phosphorus, in an amaranth is much more magnesium, iron, than in traditional raw materials and wheat flour. In an amaranth seed as at grain crops, are concentrated in a germ. Seeds of an amaranth are a good source thiamine (0.37;0.41 mg 2 times more than in wheat flour3).

Amaranth seed is a good source of tocopherol. It is known that tocopherols play the important role in human physiology. Their lack can be replaced by other antioxidants. Tocopherols are natural antioxidants and promote prevention of free radicals lipid peroxidation in a product4.

Further research is needed to determine the optimum conditions of processing and grinding of seeds on an amaranth on crushing degree of an amaranth, on processes of division of a flour on grades, influence of these factors on physical and chemical and consumer properties of a flour, and also possibility fractionation of amaranth flour. The influence of grinding conditions on germination of seeds is of great interest. The influence of grinding on the physical and chemical properties of a flour is of great importance. The influence of grinding on the physical and chemical properties of a flour is of great importance. The influence of grinding on the physical and chemical properties of a flour is of great importance.

Grinding after hydrothermal processing.

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