



Property improvement of mixed dairy and plant-based yogurt alternatives using formulation and lactic acid bacteria co-cultures

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► To cite this version:

Fanny Canon, Marie-Bernadette Maillard, Marie-Hélène Famelart, Anne Thierry, Valérie Gagnaire. Property improvement of mixed dairy and plant-based yogurt alternatives using formulation and lactic acid bacteria co-cultures. SFM Microbes 2021, Sep 2021, Nantes, France. , 2021. hal-03357826

HAL Id: hal-03357826

<https://hal.inrae.fr/hal-03357826>

Submitted on 29 Sep 2021

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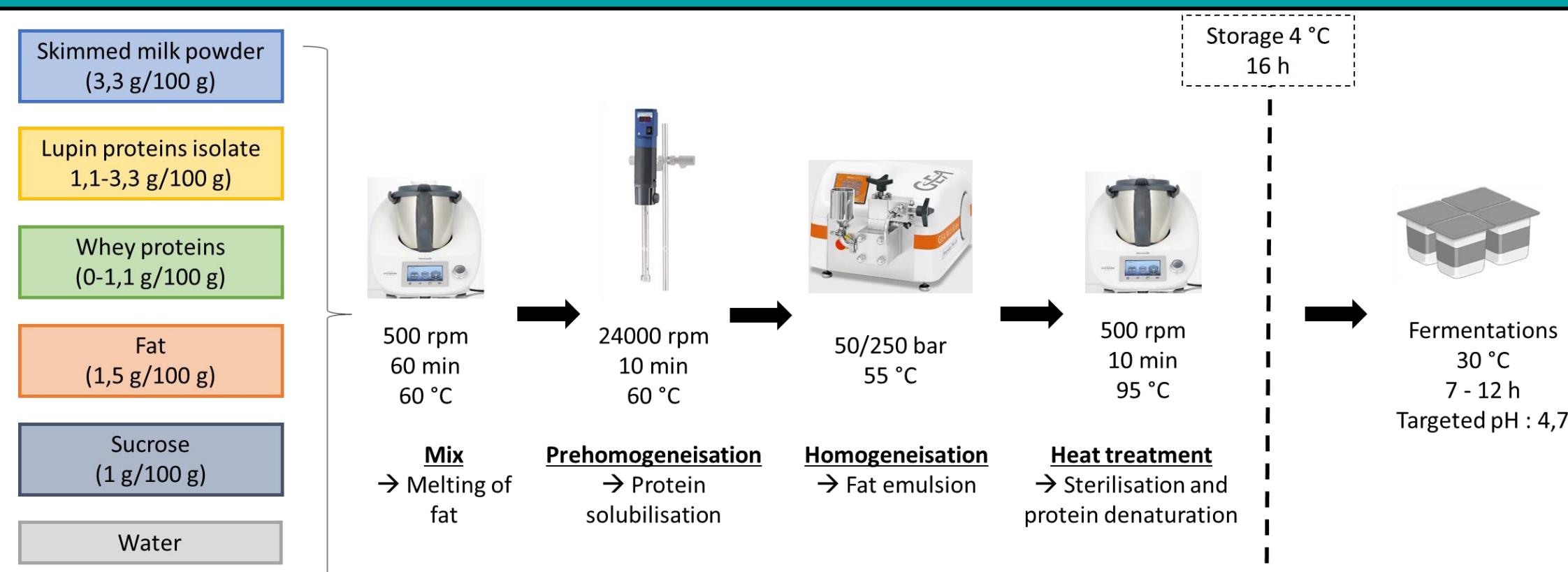
CONTEXT

In a chemically defined medium containing casein and lupin proteins as sole nitrogen sources, positive interactions were observed in co-cultures that associated a **proteolytic** strain, either *Enterococcus faecalis* (Efa) or *Lactococcus lactis* (Lla), and a **non-proteolytic** strain, *Lactiplantibacillus plantarum* (Lpl). The positive interactions were mediated by the peptides and amino acids provided by the proteolytic strains and were stronger with Efa (Canon *et al.* 2021).

The aim of the study was to evaluate the impact of these **positive interactions** on the **organoleptic** and **textural properties** of mixed dairy and plant-based yogurt alternatives (YAs).

As lupin proteins are associated with unpleasant flavour, two different milk:lupin protein ratios were tested (67:33 and 50:50). In order to substitute animal-based fat by **plant-based** fat, anhydrous milk fat and coconut oil were also tested.

Preparation of yogurt alternatives (YAs)



EXPERIMENTAL DESIGN

Factors

Levels

Responses

Starter culture →

- *Enterococcus faecalis* CIRM-BIA2412 (**Efa**)
 - *Lactococcus lactis* NCDO2125 (**Lla**)
- *Lactiplantibacillus plantarum* CIRM-BIA1524 (**Lpl**)
 - Co-culture **Efa** x **Lpl**
 - Co-culture **Lla** x **Lpl**

Fat type  Anhydrous milk fat (**AMF**)
Coconut oil (**COCO**) 

Milk:lupin
protein
ratio

➡

50:50
67:33



```

graph LR
    A[Bacterial growth  
(Fig. 1)] --> B[Acidification  
(Table 1)]
    B --> C[Proteolysis  
(Fig. 2)]
    C --> D[SDS-PAGE]
    C --> E[OPA]
    C --> F[Physical Properties  
(Table 1)]
    F --> G[Firmness]
    F --> H[Viscosity]
    F --> I[Water holding capacity  
(WHC)]
    F --> J[Sensory analysis  
(Fig. 3)]
  
```

→ Bacterial growth
(**Fig. 1**)

→ Acidification
(**Table 1**)

→ Proteolysis
(**Fig. 2**)

→ SDS-PAGE

→ OPA

→ Physical Properties
(**Table 1**)

→ Firmness

→ Viscosity

→ Water holding capacity
(WHC)

→ Sensory analysis
(**Fig. 3**)

RESULTS

BACTERIAL GROWTH

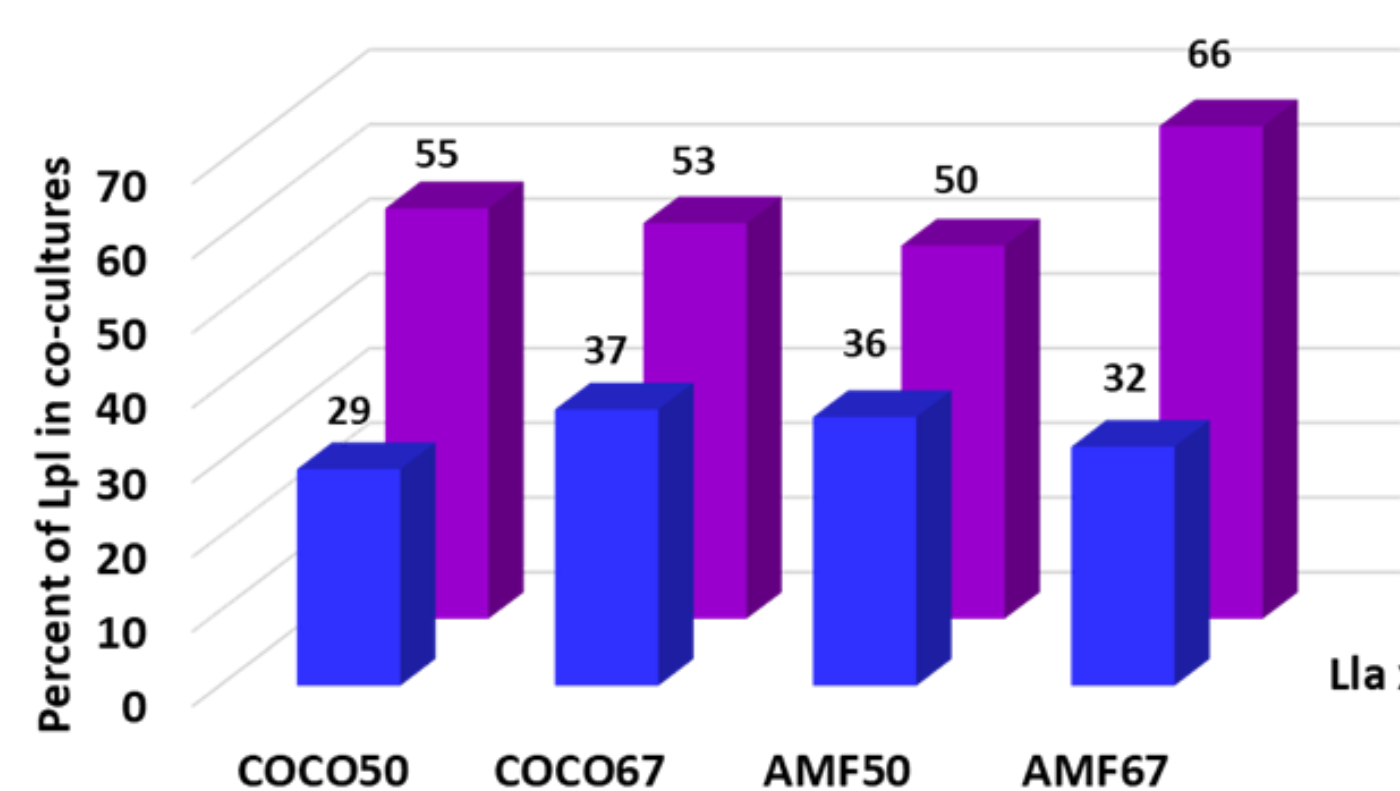


Fig 1. Percentages of the Lpl strain in co-cultures

- Total bacterial counts reached 10^9 cfu/mL in each YA

- Protein ratio and fat type had no impact on bacterial growth (**Fig. 1**) and acidification (**Table 1**)

- Lpl reached a significantly higher proportion when co-cultured with Efa compared to Lla (**Fig. 1**)

PROTEOLYSIS

- Proteolysis was impacted by the starter and the protein ratio but not by the fat type
- Efa showed a strong proteolytic activity and hydrolysed both milk and lupin proteins (**Fig. 2**)
- Protein hydrolysis was hardly observed with Lla
- Lpl decreased the levels of free NH_2 compounds

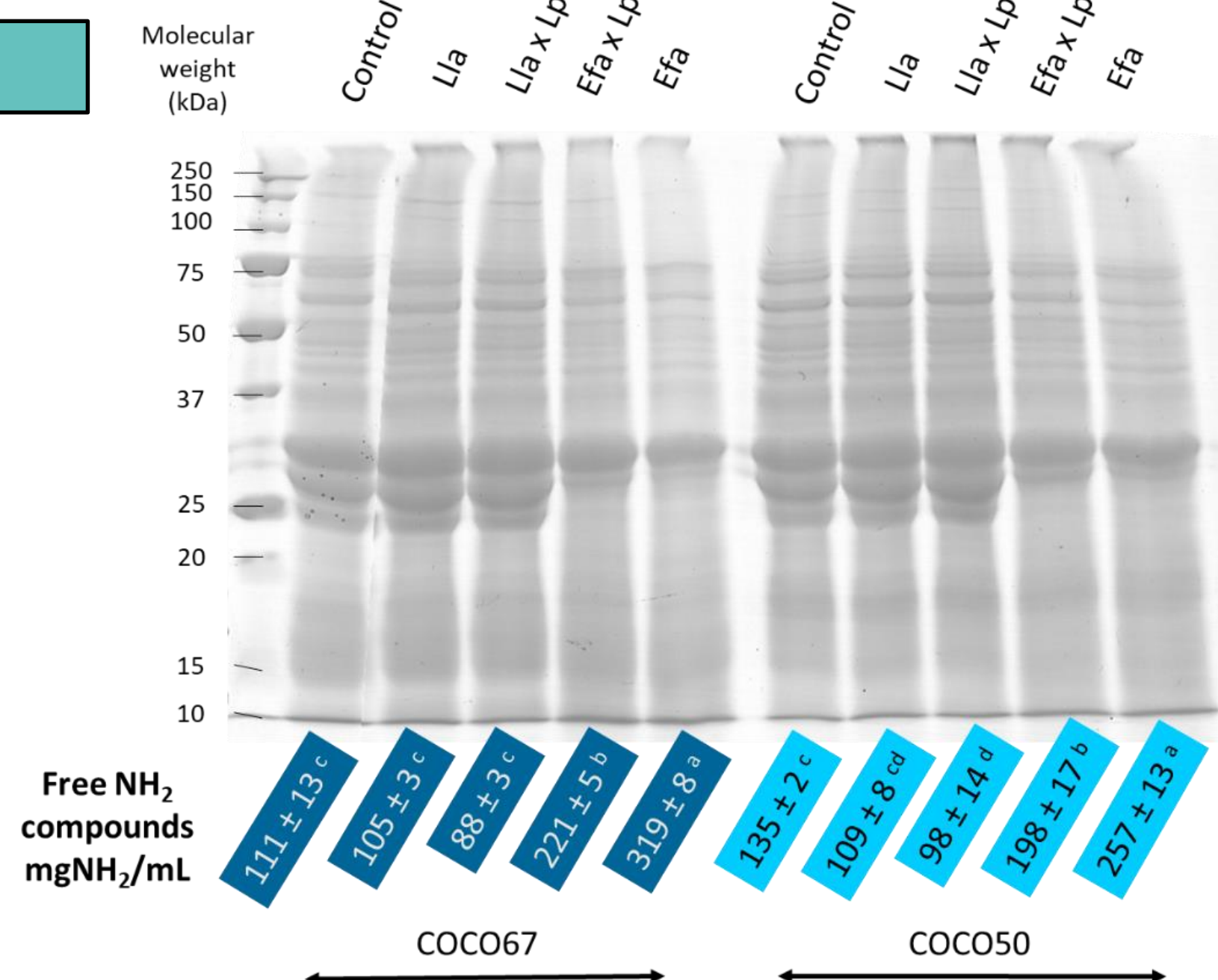


Fig 2. SDS-PAGE and quantification of free NH₂ groups
a,b,c : statistical differences between cultures

SENSORY ANALYSIS

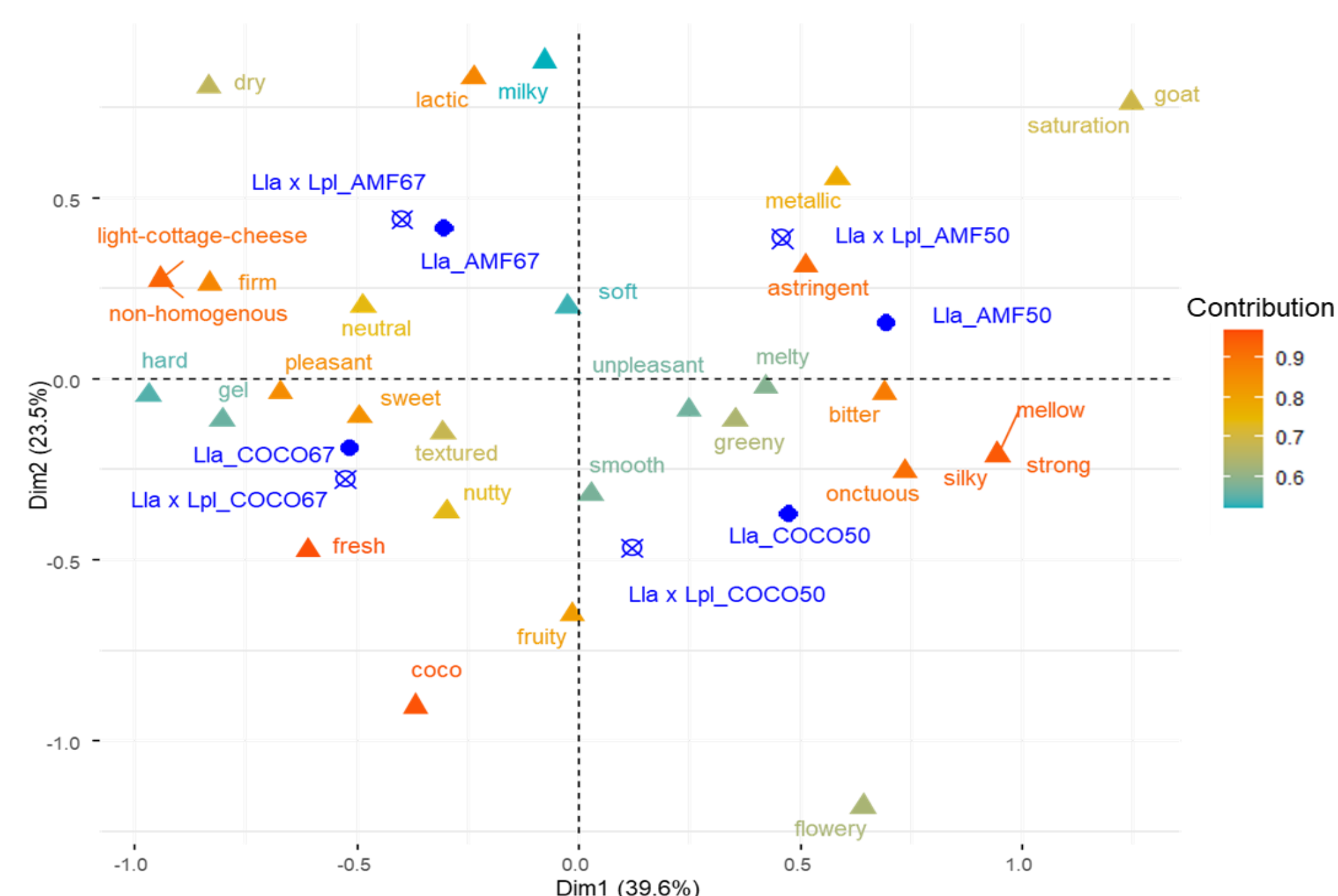


Fig. 3 Correspondence analysis map of sensory analysis (sorting task) data obtained for the 8 YAs fermented with Lla and Lla x Lpl

PHYSICAL PROPERTIES

Table 1. Physical properties of the 20 yogurt alternatives according to fat, protein ratio and cultures

	Fat type	Protein ratio (milk:lupin)	Efa	Efa x Lpl	Lla	Lla x Lpl	Lpl	p-values		
								Fat	Ratio	Cultures
Acidification rate (dpH/h)	-	-	0.34 ± 0.02 ^b	0.34 ± 0.01 ^b	0.68 ± 0.05 ^c	0.62 ± 0.06 ^c	0.28 ± 0.02 ^a	0.39	0.21	< 2.2E-16
Final pH	-	-	4.93 ± 0.05 ^c	4.74 ± 0.02 ^b	4.68 ± 0.03 ^a	4.67 ± 0.04 ^a	4.76 ± 0.07 ^b	0.72	0.93	< 2.2E-16
Apparent viscosity (η _{app}) at 50 s ⁻¹ Pa.s	COCO	50:50	0.73 ± 0.02 ^a	0.95 ± 0.09 ^b	1.44 ± 0.07 ^d	1.39 ± 0.09 ^{cd}	1.28 ± 0.07 ^c	2 E-08	1E-07	< 2.2E-16
		67:33	0.98 ± 0.02 ^a	1.15 ± 0.08 ^b	1.61 ± 0.06 ^d	1.59 ± 0.07 ^{cd}	1.42 ± 0.11 ^c			
	AMF	50:50	0.88 ± 0.06 ^a	1.17 ± 0.10 ^b	1.65 ± 0.10 ^d	1.6 ± 0.10 ^{cd}	1.5 ± 0.09 ^c			
		67:33	0.94 ± 0.05 ^a	1.24 ± 0.07 ^b	1.76 ± 0.07 ^d	1.71 ± 0.15 ^{cd}	1.58 ± 0.19 ^c			
Firmness N	COCO	50:50	0.17 ± 0.00 ^a	0.21 ± 0.02 ^{ab}	0.24 ± 0.01 ^b	0.22 ± 0.01 ^{ab}	0.21 ± 0.01 ^{ab}	2 E-11	4 E-09	9.2E-04
		67:33	0.29 ± 0.02 ^a	0.37 ± 0.02 ^b	0.45 ± 0.02 ^c	0.42 ± 0.02 ^{bc}	0.41 ± 0.06 ^{bc}			
	AMF	50:50	0.23 ± 0.01 ^a	0.29 ± 0.01 ^{ab}	0.29 ± 0.01 ^b	0.27 ± 0.00 ^{ab}	0.26 ± 0.01 ^{ab}			
		67:33	0.33 ± 0.01 ^a	0.44 ± 0.04 ^b	0.5 ± 0.04 ^c	0.49 ± 0.05 ^{bc}	0.48 ± 0.06 ^{bc}			
Water holding capacity (WHC, %)	COCO	50:50	81.5 ± 7.3 ^c	96.5 ± 2.3 ^b	98.9 ± 0.1 ^a	98.8 ± 0.5 ^a	98.7 ± 0.5 ^a	3 E-04	8 E-05	7 E-15
		67:33	87.8 ± 3.6 ^b	91.4 ± 0.9 ^{ab}	98.1 ± 0.1 ^a	98.1 ± 0.2 ^a	96.1 ± 1.8 ^a			
	AMF	50:50	75 ± 3.8 ^c	81.5 ± 6.1 ^b	98.1 ± 0.8 ^a	97.3 ± 1.7 ^a	97.4 ± 1.4 ^a			
		67:33	86 ± 1.7 ^c	86.5 ± 3.3 ^{bc}	98 ± 0.1 ^a	97.5 ± 0.6 ^a	94.8 ± 0.8 ^{ab}			

a,b,c,d: statistical differences between cultures in the same row

For each property, the color scale from red to green represents the highest and lowest value, respectively.

- Only the YAs fermented by Efa did not reach the targeted pH within 12 h incubation.
- Lla acidified faster, followed by Efa and Lpl. In both co-cultures, the acidification rates did not differ from that of Efa and Lla cultures (**Table 1**).
- Apparent viscosity at 50 s⁻¹, firmness and WHC were significantly higher for YAs: containing AMF, with a milk:lupin protein ratio of 67:33, and fermented with Lla or Lla x Lpl.
- The association Lpl x Efa resulted in more viscous and firmer YAs, as well as less wheying off, compared to the YAs fermented with Efa alone.

CONCLUSION

- 12 yogurt alternatives were prepared.
- With positive interactions (Efa x Lpl), both strains contributed to the final properties of the YAs. Without positive interactions (Lla x Lpl), only Lla contributed in the final properties of YAs.
- More textured Yas (firmer, less wheying off, more viscous) were obtained with anhydrous milk fat and a milk:lupin protein ratio of 67:33.
- Substitution of milk protein by lupin protein can be acceptable, in terms of flavour and texture, if the milk:lupin protein ratio is about 67:33.
- Coconut oil and anhydrous milk fat gave different physical properties that were not perceived during the sensory analysis. Substitution of animal-sourced fat by plant-based one is thus achievable.