

Mock Meat and its Role in Health: A Review

Aditi K Desai

Anjuman-I-Islam's Institute of Hospitality Management, Mumbai, India

Abstract: *Mock meat is in news for many reasons in corporate or industrial meets and research communities. These plant-based meat substitutes intended to reduce the environmental impact caused by farm animals and the potential to unravel one of the stickiest crises in the climate fight. This research was conceived as a scoping literature review and a novel attempt as a full-fledged review article on mock meat on the basis of recent proofs provided by review and research articles from various genuine sources including electronic media, newsletters, and experts in food industries. The present article touches upon the health benefits of vegan meat as well as different health problems emerge from a large-scale replacement of natural animal meat by fake one also discussed here. The next few years will be crucial to how traditional meat products and meat analogy will coexist in the consumer market. These articles when compiled together point at the same fact that there is a lot of potential may be a game changer in the field of food industries, corporates and scientific communities. (Vinod A. N., 2021).*

Keywords: *Mock meat.*

I. INTRODUCTION

Food product made from vegetarian or vegan ingredients, eaten as a replacement for meat. Meat alternatives are typically consumed as a source of dietary by vegetarians, vegans, and people following religious and cultural dietary laws. However, global demand for sustainable diets has also increased their popularity among non-vegetarians and flexitarians seeking to reduce the environmental impact of meat production. Plant-based meat is currently available in grocery stores, hotels and restaurants, and on various e-commerce sites in India. Given the increased awareness of such products. Many Indian social media influencers and celebrities have played an important role in highlighting the importance of plant-based meat by investing in mock meat brands Giving an increased awareness of such products and the substantial growth in the urban population Plant- and fungus-based substitutes are frequently made with soy (e.g. tofu, tempeh, and textured vegetable protein), but may also be made from wheat gluten as in seitan, pea protein as in the Beyond Burger, or mycoprotein as in Quorn. (Lahal M. A., 2021)

History

Meat substitution has a long history. Tofu was invented in China as early as 200 BCE and in the Middle Ages, chopped nuts and grapes were used as a substitute for mincemeat during Lent. Tofu, a meat alternative made from soybeans, was invented in China by the Han dynasty (206 BC–220 CE). Drawings of tofu production have been discovered in a Han dynasty tomb. Its use as a meat alternative is recorded in a document written by Tao Gu. Tofu was widely consumed during the Tang dynasty (618–907), and likely spread to Japan during the later Tang or early Song dynasty. (Rego, 2019)

Types:

Vegetarian bacon: Vegetarian bacon, also referred to as veggie bacon, vegan bacon, vegan rashers, Vicon, or facon, is a plant-based version of bacon It is high in protein and fiber, yet low in fat, and has no cholesterol. Many vegan bacon products are lower in salt than pork back bacon, and some have less than 10% of the fat. Vegetarian bacon can also be made at home by marinating strips of tempeh or tofu in various flavorings, such as soy sauce or liquid smoke, and then either frying or baking.

Vegetarian hot dog: A vegetarian hot dog is a hot dog produced completely from non-meat products. Unlike traditional home-made meat sausages, the casing is not made of intestine, but of cellulose or other plant-based ingredients. The filling is usually based on some sort of soy protein, wheat gluten, or pea protein. Some may contain egg whites, which would make them unsuitable for a lacto-vegetarian or vegan diet. Vegetarian and vegan sausages are commonly eaten in Britain.

Mock duck: Mock duck is a gluten-based meat substitute. It is made of wheat gluten, oil, sugar, soy sauce, and salt, and is high in protein. Its distinctive flavor and artificial "plucked duck" texture distinguish it from other forms of commercially available gluten products. Mock duck is not meant to be eaten raw and needs to be prepared, usually by lightly frying in vegetable oil. (Mudasir Ahmad a b, 2022)

Tofurkey: Tofurkey is a plant-based meat substitute patterned after turkey, in the form of a loaf of vegetarian protein, usually made from tofu (soybean protein) or seitan (wheat protein) with a stuffing made from grains or bread, flavored with a broth and seasoned with herbs and spices. It is often served at a vegetarian or vegan Thanksgiving meal. If you've ever tasted a wheat-based meat substitute, like many plant-based hot dogs and sausages, for instance, then you'll have an approximate idea of what to expect, at least as far as the texture goes. Makers of plant-based meat substitutes have gotten pretty good at preparing wheat gluten so that it has the mouth feel of meat

Falafel: falafel is a deep-fried ball or patty-shaped fritter of Arab origin, featuring in Middle Eastern cuisine (especially in Egyptian and Levantine cuisines) made from broad beans, ground chickpeas, or both. The origin of falafel is controversial. The dish most likely originated in Egypt. There is a legend that a fava bean version was eaten by Coptic Christians in the Roman era as early as the 4th century during Lent, but there is no documented evidence for this. It has been speculated that its history may go back to Pharaonic Egypt. However, the earliest written references to falafel from Egyptian sources date to the 19th century. Falafel is made from fava beans or chickpeas, or a combination of both. Falafel is usually made with fava beans in Egyptian cuisine, where it most likely originated, with chickpeas in Palestinian cuisine, or just chickpeas or a combination of both in Jordan, Lebanon and Syria and the wider Middle East. This version is the most popular in the West

Wakao food:

Wakkao is India's first Brand that makes products from the superfood – Jackfruit. Sairaj Dhond is the Founder and CEO of Wakao Foods This Goa-based sustainable food brand offers handpicked natural products with a vision of benefiting the planet. The company stands for creating a better tomorrow – one where humanity thrives, with products that are curated from ethically grown and sourced produce that is then hygienically processed and packaged. All Wakao products have no preservatives with a shelf life of 1 year and require no refrigeration. At Wakao, they are passionate about healthy, sustainable food their goal is to bring ethically sourced, sustainably grown food to their customer's dinner table and explore alternative foods in our search for wholesome products that are good for our customers' health and also great for our planet. they support cruelty-free food and a vegan way of life. (Jolien Vandenbroele, 2021)

II. CONCLUSION

A short peek at the ingredient list on plant-based meat can help you eat cleaner and healthier. For individuals wishing to make a healthier switch, certain brands provide healthier alternatives than others. Replacing meat with patties of nuts and legumes or replications with naturally meaty vegetables (such as Wakao Foods' jackfruit dishes) can be more beneficial to your diet than mocks made of purified soya, which lack nutritional value.

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