



# Investigating the influence of rosehip tea marination on lipid oxidation in turkey breast meat

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## ABSTRACT

The utilization of natural antioxidants has emerged as a potential strategy to inhibit or delay lipid oxidation in meat and meat products. Rosehip, the fruits of *Rosa canina*, has gained attention as a rich source of bioactive compounds with potent antioxidant properties. In this study, turkey breast slices were marinated in rosehip infusion prepared with varying amounts of rosehip powder (6.67% (R1), 10% (R2), and 13.33% (R3)). Total phenolic content and DPPH activity of the prepared marinades were found to be high. As a result of marinating turkey breast samples with rosehip infusion, a significant decrease in TBARS values was observed. For peroxide values, the marinating process was found to be effective starting from day 5 of storage. The pH of samples fluctuated during storage. Also, rosehip marination caused significant changes in the color parameters of the samples. While L\* values of the turkey breast slices marinated with rosehip infusion decreased, a\* and b\* values increased. As a result, it was concluded that rosehip infusion can be used as a natural antioxidant in meat products.

## 1. Introduction

Turkey breast meat has gained popularity as a healthy alternative to other meats due to its high protein content (23.03–27.59%) and low fat content (0.42–3.08%). This nutritional profile makes it an attractive choice for health-conscious individuals (Çelen *et al.*, 2016; Oblakova *et al.*, 2016). Additionally, turkey breast meat is a good source of vitamins and minerals, including niacin, vitamin B6, phosphorus and selenium, which play important roles in supporting various body functions and promoting overall health. Despite the high nutritional value of turkey meat, its consumption remains limited, as the low fat content and tenderness of turkey breast meat have a negative impact on consumer preference.

Marination is a widely employed technique used to enhance the market share of meat products. Marination is a processing technique, traditionally used to improve organoleptic qualities and water retention of the meat while prolonging shelf-life (Alvarado *et al.*, 2007; Kaewthong and Wattanachant, 2018; Çınar, 2022). It offers various benefits such as improving aroma and flavour, enhancing tenderness and correcting color defects (Barbanti and Pasquini, 2005). Several studies have reported that marinating turkey breasts leads to improvements in textural and sensory parameters also retards oxidative changes (Serdaroglu *et al.*, 2007; Gök and Bor, 2016; Augustyńska-Prejsnar *et al.*, 2021). Another description of marination in terms

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of morphology is influencing the pH of the tissue to move away from its isoelectric point (around 5.2–5.3 for red meat), creating space between the myofilaments to retain sufficient water (Önenç *et al.*, 2004). Wine, vinegar, lemon juice, fruit juices, milk, fermented milk products, oils and salt have been widely used for marinating different kinds of meat (Goli *et al.*, 2011). In addition to these main components, the utilization of fruit and vegetable juices and extracts in marinade solutions has also been investigated because of their antioxidant and antimicrobial properties (Nile and Park, 2014; Afrin *et al.*, 2016; Kalaycıoğlu and Erim, 2017; Saricaoglu *et al.*, 2019; Van de Velde *et al.*, 2019; Sengün *et al.*, 2020).

Rosehip is the pseudo-fruit of the rose bush. Especially *Rosa canina* L. is abundantly rich and considered to be an excellent source of polyphenols and vitamin C (Fan *et al.*, 2014). Rosehip contains 2–3 times as much ascorbic acid as kiwi, 3–5 times as much as peppers, and 5–6 times as much as citrus fruits (Karhan *et al.*, 2004). The high content of polyphenols, particularly flavonoids and phenolic acids, in rosehip tea contributes to its antioxidative potential (Fan *et al.*, 2014). These compounds have been reported to scavenge free radicals, chelate metal ions and inhibit lipid peroxidation. Studies investigating the effect of rosehip on lipid oxidation in various food matrices have shown promising results (İlyasoğlu, 2014; Rivera Toapanta *et al.*, 2022; Vlaicu *et al.*, 2022). However, there is limited research available regarding the use of rosehip infusion for marinating meat products, specifically turkey breast meat. Therefore, the objective of this study is to investigate the impact of marinating turkey breast meat with rosehip infusion on lipid oxidation, with the aim of assessing its potential as a natural antioxidant strategy to enhance meat quality and extend shelf life.

## 2. Materials and methods

### 2.1. Materials

The fresh skinless turkey breast meat was purchased from a local producer in İzmir. The breast samples were received free of visible blood spatter or bruises and had a pH of 5.91 to 5.93. Dried rosehips were obtained from a local herbalist in İzmir. All chemicals used were of analytical grade (Sigma-Aldrich Chemie GmbH, Germany).

### 2.1.1. Preparation of rosehip infusion

The dried rosehip fruits were ground using a Waring 8011 EB SET2 blender (Stamford, CT) at 2<sup>nd</sup> speed for 30 sec. The ground rosehips were wrapped in filter paper to obtain the determined concentrations. Rosehip powder was added to distilled water at 100°C at concentrations of 6.67% (10 g/150 mL) (R1), 10% (15 g/150 mL) (R2), and 13.33% (20g/150 mL) (R3) and infused for 30 min. The analysis of the obtained infusion was conducted once it had cooled to room temperature.

### 2.1.2. Marination and cooking process

The turkey breast meat underwent slicing into slices measuring 1 cm in thickness, 13 cm in length, with an average weight ranging from 100 g to 150 g. Meat slices were randomly submerged in marinade solutions containing various concentrations of rosehip infusion (C, R1, R2, and R3) at a ratio of 1:1 (meat:marinade) in plastic bags. The slices were then left in the marinade solution for 4 hours at 1°C to allow the ingredients to permeate the meat. The control treatment consisted of distilled water only. The samples were then vacuum-packed and sous-vide cooked (WiseBath, Germany) at 80°C until the core temperature reached 73°C. The samples were rapidly cooled to room temperature and then stored at 1°C for 7 days for further evaluation including pH measurement, color evaluation, peroxide analysis and thiobarbituric acid reactive substances (TBARS) analyses.

### 2.1.3. Analyses

The determination of the total phenolic content (TPC) in the rosehip infusion was carried out utilizing the Folin-Ciocalteu method (Yılmaz *et al.*, 2015). DPPH analysis was performed by modification of the methods applied by Grajeda-Iglesias *et al.* (2016). Triplicate measurements of pH values were conducted using a WTW pH 3110 set 2 pH meter from Germany. Color parameters of the turkey slices were determined using a digital colorimeter (Chromameter CR 400, Minolta, Japan) to obtain the color parameters including lightness (L\*), redness (a\*), and yellowness (b\*). The assessment of lipid oxidation was performed by analysing peroxide (AOAC, 2012) and TBARS (Witte *et al.*, 1970). The impact of rosehip infusion and storage conditions on turkey breast slices was assessed using analysis of variance (ANOVA) followed by Duncan's post-hoc tests in the SPSS software.

### 3. Results and discussion

#### 3.1. Analysis of the marinade solutions

Table 1 provides a summary of the phenolic content, DPPH values, and pH of the marinade solutions. The marinades exhibited a range of pH 3.58 to pH 3.71. As the concentration of rosehip in the infusion increased, the pH decreased due to the higher acidity. The total phenolic content (TPC) ranged from 138.47 to 241.13 mg GAE/g, while the DPPH values ranged from 33.58 to 52.67  $\mu\text{molTE/g}$ . Our TPC resth the findings reported in the literature (Koczka et al., 2018). Furthermore, both TPC and DPPH values showed an increasing trend with the rise in rosehip concentration in the infusion. This observation aligns with the findings of a previous study (Orhan et al., 2012).

#### 3.2. Color

Color parameters of meat samples are given in Table 2. The marination process led to significant alterations in the color parameters ( $P < 0.05$ ). The  $L^*$  values of marinated meat were lower than those of the control group ( $P < 0.05$ ), indicating a darker appearance of the samples. This finding is consistent with a previous study where camel meats marinated with ginger extract and citric acid also exhibited lower  $L^*$  values (Moeini et al., 2022). In contrast, the  $a^*$  and  $b^*$  values showed a significant increase ( $P < 0.05$ ) compared to the control group (C), indicating a shift towards more red and yellow colours. This color change can be attributed to the natural pigments present in the rosehip infusion, which imparts a red color to the marinade solution. During stor-

**Table 1.** The pH values, DPPH and total phenolic contents of marinades

Marinade	pH	Total phenolic content (mg GAE/g)	DPPH ( $\mu\text{molTE/g}$ )
R1	3.71	138.47	33.58
R2	3.63	165.13	47.58
R3	3.58	241.13	52.67

R1: 6.67% rosehip tea, R2: 10% rosehip tea, R3: 13.33% rosehip tea

**Table 2.** Effect of marinade treatments on color parameters

Treatments*	Storage	C	R1	R2	R3
$L^*$ ults were consistent wi	0	67.52 $\pm$ 1.57 <sup>a,Y</sup>	60.63 $\pm$ 1.25 <sup>b,X</sup>	61.21 $\pm$ 1.19 <sup>b,X</sup>	52.93 $\pm$ 0.69 <sup>c,Y</sup>
	3	70.98 $\pm$ 1.74 <sup>a,X</sup>	51.53 $\pm$ 1.15 <sup>c,Y</sup>	61.33 $\pm$ 1.09 <sup>b,X</sup>	51.78 $\pm$ 1.29 <sup>c,Y</sup>
	5	73.44 $\pm$ 1.32 <sup>a,X</sup>	61.62 $\pm$ 1.78 <sup>b,X</sup>	55.64 $\pm$ 0.78 <sup>d,Z</sup>	58.10 $\pm$ 0.61 <sup>c,X</sup>
	7	72.76 $\pm$ 1.39 <sup>a,X</sup>	61.15 $\pm$ 0.65 <sup>b,X</sup>	58.40 $\pm$ 0.17 <sup>c,Y</sup>	57.47 $\pm$ 0.35 <sup>c,X</sup>
$a^*$	0	4.53 $\pm$ 0.26 <sup>c,X</sup>	8.75 $\pm$ 0.27 <sup>b,Y</sup>	8.63 $\pm$ 0.26 <sup>b,Y</sup>	9.74 $\pm$ 0.44 <sup>a,Y</sup>
	3	1.58 $\pm$ 0.33 <sup>c,Z</sup>	10.86 $\pm$ 0.46 <sup>a,X</sup>	7.31 $\pm$ 0.21 <sup>b,Z</sup>	10.41 $\pm$ 0.37 <sup>a,X</sup>
	5	0.52 $\pm$ 0.23 <sup>d,T</sup>	6.47 $\pm$ 0.43 <sup>c,Z</sup>	9.40 $\pm$ 0.28 <sup>a,X</sup>	7.71 $\pm$ 0.34 <sup>b,Z</sup>
	7	2.36 $\pm$ 0.44 <sup>b,Y</sup>	6.98 $\pm$ 0.57 <sup>a,Z</sup>	7.31 $\pm$ 0.48 <sup>a,Z</sup>	7.56 $\pm$ 0.13 <sup>a,Z</sup>
$b^*$	0	13.87 $\pm$ 0.34 <sup>c</sup>	21.63 $\pm$ 0.32 <sup>a,X</sup>	17.00 $\pm$ 1.52 <sup>b,Y</sup>	21.06 $\pm$ 0.49 <sup>a,X</sup>
	3	14.06 $\pm$ 0.86 <sup>d</sup>	21.79 $\pm$ 0.15 <sup>a,X</sup>	16.31 $\pm$ 0.40 <sup>c,Y</sup>	20.30 $\pm$ 0.63 <sup>b,X</sup>
	5	13.86 $\pm$ 0.55 <sup>c</sup>	14.88 $\pm$ 0.97 <sup>c,Y</sup>	19.10 $\pm$ 0.60 <sup>a,X</sup>	17.55 $\pm$ 0.09 <sup>b,Y</sup>
	7	14.59 $\pm$ 0.35 <sup>b</sup>	14.88 $\pm$ 0.99 <sup>b,Y</sup>	15.55 $\pm$ 0.48 <sup>b,Y</sup>	16.93 $\pm$ 0.39 <sup>a,Y</sup>

\* C: distilled water. R1: 6.67% rosehip tea. R2: 10% rosehip tea. R3: 13.33% rosehip tea. <sup>a-d</sup> Different letters in the same row indicate a significant difference ( $P < 0.05$ ). <sup>X-T</sup> Different letters in the same column indicate a significant difference ( $P < 0.05$ ).

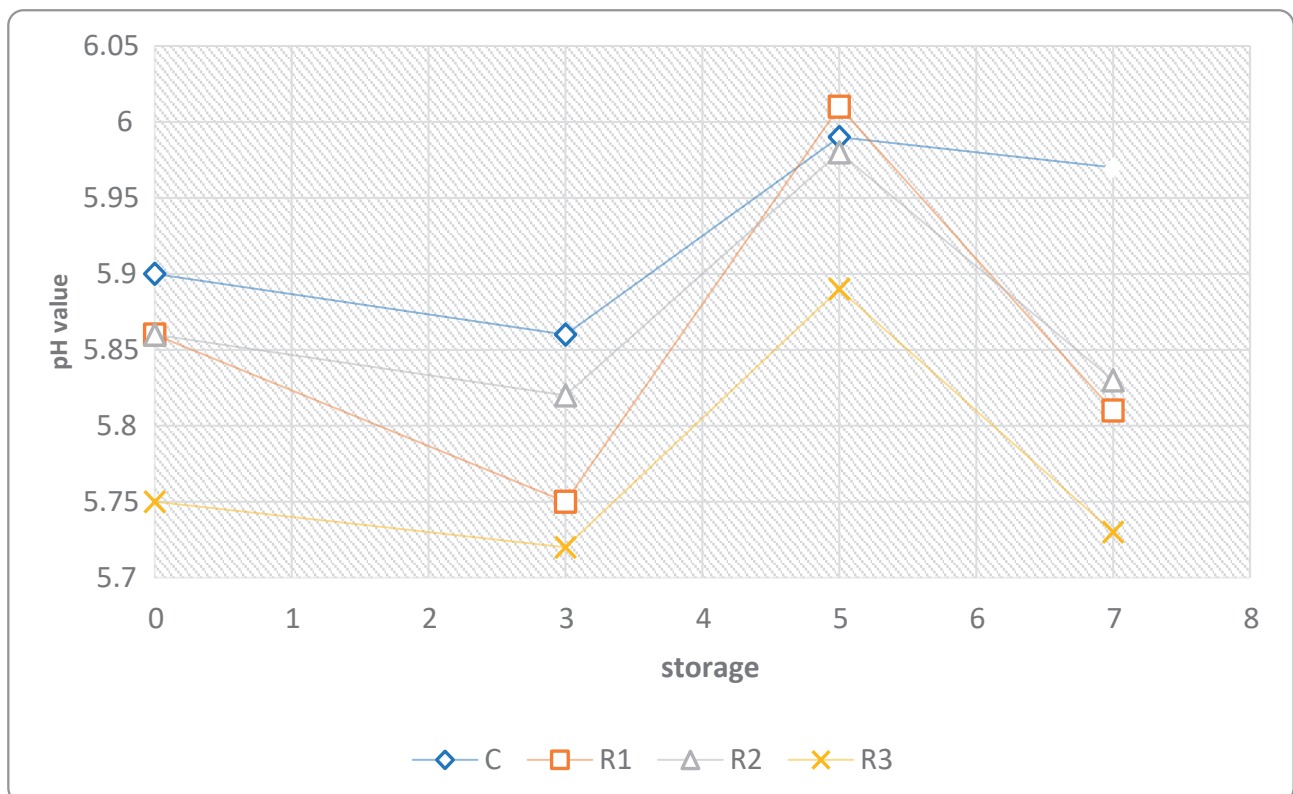
age, the lowest  $b^*$  value was observed in the control (13.86), while the highest value was observed in the R1 (21.79) ( $P < 0.05$ ), this situation indicates a shift towards a more yellowish hue in groups containing rosehip infusion. Similarly, it has been reported by other researchers that  $b^*$  values increase with marination (Augustyńska-Prejsnar *et al.*, 2021; Moeini *et al.*, 2022; Unal *et al.*, 2022). Önenç *et al.* (2004) reported that cattle meat samples marinated with citric acid had higher  $L^*$  and  $a^*$  values than control.

### 3.3 pH values

The pH of turkey meat plays a crucial role in determining its quality properties, such as tenderness, water-holding capacity, and microbial stability. Figure 1 presents the pH of the turkey breast slices; the initial pH of samples ranged between 5.75 (R3)–5.90 (C). The meat pH decreased with increasing rosehip concentration in the marinade. In studies using acidic marinade, it was reported that the pH value decreased (Serdaroglu *et al.*, 2007; Gómez-Salazar *et al.*, 2018; Santos *et al.*, 2020; Cho *et al.*, 2021). The R3 treatment had the lowest pH during storage ( $P < 0.05$ ). On day 5 of storage, the pH was increased in all treatment groups compared with at the beginning.

### 3.4. Lipid oxidation

Marinating with rosehip infusion was highly effective against lipid oxidation of samples. Peroxide values ranged between 1.03–4.10 meqO<sub>2</sub>/kg (Table 3). On day 0 and 3, there were no significant differences in peroxide values among the groups ( $P > 0.05$ ). However, on day 5, the R3 group exhibited the highest peroxide value, and on the day 7, the R2 group had the highest value. The fact that the control group had lower peroxide value and higher TBARS value indicates that oxidation progressed faster in this group than in the marinated meat. TBARS values of samples ranged between 0.14–1.91 mg MA/kg. The marination process resulted in a significant reduction in TBARS compared to the control group ( $P < 0.05$ ). The highest value was observed in the control group during storage ( $P < 0.05$ ). The TBARS value, including the control group, was below the accepted limit value ( $< 2$  mg MA/kg, Witte *et al.*, 1970) in all samples. This finding indicates that rosehip infusion has antioxidant effects. Consistent with our results, several studies conducted on various meat products and acidic marinades have reported significant reductions in peroxide and/or TBARS values (Blackhurst *et al.*, 2011; Arcanjo *et al.*, 2019; Rasuli *et al.*, 2021). Lipid oxidation is a complex



**Figure 1.** Effect of marinade treatments on meat pH during storage

**Table 3.** Effect of marinade treatments on lipid oxidation during storage

Lipid oxidation measurement*	Storage (days)	C	R1	R2	R3
Peroxide (meqO <sub>2</sub> /kg)	0	3.45±0.42 <sup>X</sup>	3.46±0.12 <sup>X</sup>	4.10±0.78 <sup>X</sup>	3.30±0.46 <sup>X</sup>
	3	2.33±0.30 <sup>Y</sup>	2.13±0.81 <sup>Y</sup>	1.80±0.40 <sup>YZ</sup>	2.13±0.46 <sup>Y</sup>
	5	1.03±0.06 <sup>d,Z</sup>	1.79±0.02 <sup>b,Y</sup>	1.57±0.06 <sup>c,Z</sup>	2.00±0.01 <sup>a,Y</sup>
	7	2.16±0.20 <sup>b,Y</sup>	1.33±0.10 <sup>c,Y</sup>	2.50±0.19 <sup>a,Y</sup>	1.33±0.11 <sup>c,Y</sup>
TBARS (mg MA/kg)	0	1.27±0.04 <sup>a,Z</sup>	0.26±0.11 <sup>b,Z</sup>	0.29±0.01 <sup>b,Z</sup>	0.14±0.01 <sup>c,T</sup>
	3	1.46±0.11 <sup>a,Y</sup>	0.43±0.06 <sup>b,Y</sup>	0.24±0.01 <sup>c,T</sup>	0.25±0.01 <sup>c,Z</sup>
	5	0.90±0.03 <sup>a,T</sup>	0.58±0.02 <sup>b,X</sup>	0.52±0.03 <sup>c,Y</sup>	0.58±0.16 <sup>b,Y</sup>
	7	1.91±0.02 <sup>a,X</sup>	0.63±0.01 <sup>c,X</sup>	0.64±0.01 <sup>c,X</sup>	0.67±0.01 <sup>b,X</sup>

TBARS: thiobarbituric acid reactive substances. C: distilled water. R1: 6.67% rosehip tea. R2: 10% rosehip tea. R3: 13.33% rosehip tea. <sup>a-d</sup> Different letters in the same row indicate a significant difference ( $P < 0.05$ ). <sup>X-T</sup> Different letters in the same column indicate a significant difference ( $P < 0.05$ ).

chemical process that occurs in meat products, leading to the development of off-flavours, rancidity, and a decline in overall quality (Gray et al., 1996).

#### 4. Conclusion

The findings of our study demonstrated that marinating turkey breast slices with rosehip infusion had antioxidative effects, attributed to the high phenolic content of rosehip. The marination process

effectively reduced peroxide values after 5 days of storage. Additionally, TBARS values significantly decreased during storage. However, the incorporation of rosehip tea had a notable impact on the color parameters, while pH values decreased with increasing rosehip concentration. Further research should focus on investigating the effects of marinating with rosehip tea on the physicochemical, antimicrobial and technological properties of the product, as well as its application in various meat products.

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