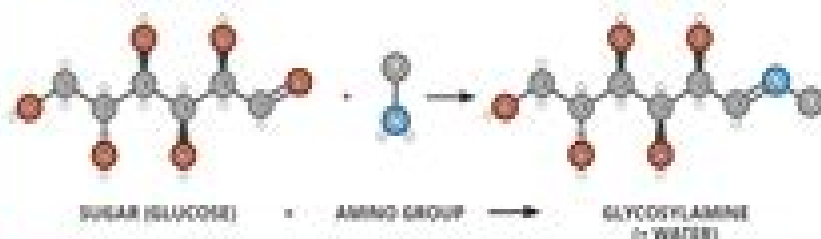


# A GUIDE TO THE MAILLARD REACTION

The Maillard reaction occurs during cooking, and it is responsible for the non-enzymatic browning of foods when cooked. It actually consists of a number of reactions, and can occur at room temperature, but is optimal between 140-165°C. The Maillard reaction occurs in three stages, detailed here.

1

The carbonyl group on a sugar reacts with a protein or amino acid's amino group, producing an N-substituted glycosylamine.



2

The glycosylamine compound generated in the first step isomerises, by undergoing Amadori rearrangement, to give a ketosamine.



3

The ketosamine can react in a number of ways to produce a range of different products, which themselves can react further.



## Classes of Maillard Reaction Products



The Maillard reaction produces hundreds of products; a small subset of these contribute to flavour and aroma, some groups of which are described below. Melanoidins are also formed; brown, polymeric substances which contribute to the colouration of many cooked foods.



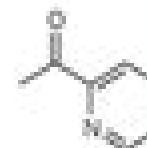
PIRAZINES  
cooked  
roasted  
toasted



PYRROLES  
cereal-like  
nutty



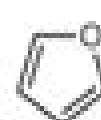
ALKYLPYRIDINES  
bitter  
burnt  
astringent



ACETYPYRIDINES  
crackling-like  
cereal



FURANONES  
sweet  
caramel  
burnt



FURANS  
meaty  
burnt  
caramel-like



OXAZOLES  
green  
nutty  
sweet



THIOPHENES  
meaty  
roasted

# Maillard Reaction In Foods Researchgate

**Karin Nielsen-Saines**



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