

THE LIFE OF HUMMUS

SHORT, MEDIUM OR LONG



The usual lifetime of home-made hummus is up to a week. This is too short for a commercial hummus product so what can producers do to extend the shelf life? The answer could be to add preservatives. But if you want to avoid preservatives, the alternative is heat treatment. Follow the steps in the flow chart to see your options.

WHAT SHELF LIFE DO YOU WANT FOR YOUR HUMMUS?

Storage conditions	Refridgerated temperature			Room temperature	
Shelf life	1 week	6 weeks	12 weeks	6-18 months	
Heat treatment	No heat treatment	No heat treatment	<100°C	>135°C	120-130°C
Preservatives needed	No	Yes	No	No	



PASTEURIZER

How: Using a heat exchanger and a holding cell for about one minute.

Benefits: Reduce microbiological load and increase shelf life in chilled conditions.

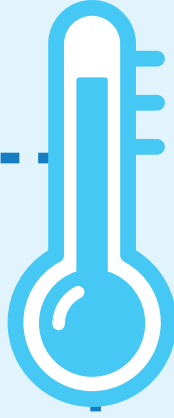
<100°C

>135°C

UHT UNIT

How: UHT using a heat exchanger and holding cell for about two minutes.

Benefits: Commercial sterility to enable storage at room temperature.

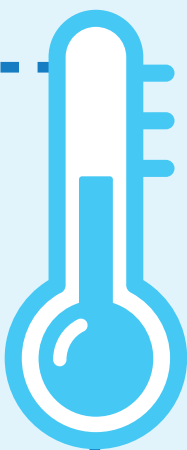


120-130°C

RETORT

How: Heat treatment in the package.

Benefits: Commercial sterility to enable storage at room temperature.



The purpose of heat treatment

The controlled heat treatment of hummus can partially inactivate or completely destroy bacteria to improve shelf life and food safety. The difference between pasteurization and sterilization is a question of temperature and time.