

## **2 types of foam should be skimmed, 3 types of foam should be kept when cooking**

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### **2 types of foam should be discarded**

#### **1. The first air bubbles appear when simmering bones, boiling meat**



The first air bubbles that appear in bone broth or meat broth are formed from excess blood, residue, and protein in the meat that are broken down at high temperatures. This layer of foam causes the dish to have a fishy, ?? unpleasant odor, and makes the broth cloudy, so it should be removed.

#### **2. Foam when boiling shrimp**



When boiled, shrimp will turn red because it contains an active ingredient called Astaxanthin, strong stability, will be separated from the protein in shrimp when exposed to high temperature.

When boiling shrimp, we also see a layer of foam, which is visceral blood and some impurities in shrimp shell and shrimp head. So, when boiling shrimp, you see this foam, you should skim it off.

## 3 types of foam to keep

### 1. Soy milk foam



The main ingredient of the foam that appears when you cook soy milk is Saponin, a substance that has many good health effects such as regulating lipid metabolism, lowering cholesterol, antibacterial, anti-tumor, anti-thrombotic, anti-inflammatory. Oxidative, immunomodulatory. So, the foam layer of soy milk is very good, do

not skim it.

## 2. Foam when boiling tea

The main ingredient of tea is saponin with strong foaming ability. According to research, saponins in tea are very good, can have antibacterial effects and can inhibit fat absorption. However, the amount of saponins in the tea foam is not high, so of course, you do not need to remove this foam.

## 3. Coffee foam, fruit/vegetable juice foam



The foam created when squeezing fruits and vegetables is like the foam in coffee, nutrients, not harmful to health, so don't worry when you see them appear.

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