

The Vegan Digest
TVD Flash Report 'Moisture in Plant-Based Chicken'
Issued as Online Social Media Content

The Vegan Digest (TVD) posed the following inquiry to Google's "Gemini" AI-powered search engine.

TVD Inquiry: Is plant-based chicken typically as juicy as real chicken?

Gemini Response: "In most cases, plant-based chicken is not as juicy as real chicken, though many brands have made significant strides in replicating the texture. The degree of juiciness depends heavily on the brand and how it is prepared, with some products receiving high praise for their moist and tender interiors."

Gemini shares that 'primary reasons for differences in juiciness is the absence of animal fat as well as animal muscle fibers.'

"Moisture in traditional chicken is stored within its protein and fat cells. When cooked, some of this moisture is lost, but the fat content helps to keep the meat tender and juicy."

"Plant-based alternatives, which often use soy or pea protein, have a different cellular structure. While they are engineered to mimic fibrous muscle tissue, they don't hold on to moisture in the same way as animal meat."

'Plant-based chicken producers achieve closeness to real chicken through specific tech advancements such as High Moisture Extrusion Cooking (HMEC), a method used to create pulled realistic chicken texture. These plant-based firms also add fats and oils, such as avocado or coconut oil, in order to mimic the tenderizing and moisturizing effect of animal fat.'

'Another example ingredient is chickpea flour that's used to help retain moisture during cooking.'

Gemini reminds us that, as with real chicken, cooking is important. Cooking with a little added moisture helps to keep from drying out.

Gemini concludes that "while plant-based chicken may not be inherently as juicy as its animal counterpart, many high-quality brands and products on the market today offer a very close and satisfying alternative, particularly in dishes like breaded nuggets or cutlets."

The Vegan Digest believes that while many plant-based products lag the realness of animal-derived foods, plant-based chick'n nuggets, as well as basic plant-based cheeses, and plant-based burger patties are near-perfect substitutions or even exceed the quality of their animal-based competition.