

## Effect of cooking of beef on the Cd, Cu, Hg, Pb and Zn content

### S u m m a r y

The aim of the study was to examine cadmium, copper, mercury, lead and zink content in: raw beef, beef boiled in water without NaCl and in water with NaCl. The material used in this study constituted beef (entrecote, sirloin, neck, brisket, rostbeef) bought in outposts of retail trade on the territory of Szczecin. The meat was subjected to the cooking process. It was put to boiling in redistilled water with and without the addition of NaCl. The thermal treatment lasted about 30 min. The highest content of cadmium was found for beef boiled in water with NaCl, whilst the Cd content in raw beef as wel as boiled in water without salt was at the lower level. The highest Cu content was detected in beef boiled in water without salt. The lowest Cu content was found in the raw beef. In raw rostbeef the concentration of Hg was the lowest, while in entrecote boiled in salted water was the highest. The lowest concentration of Pb was in brisket boiled in water without salt and the highest in raw entrecote. The highest contents of Zn were noted in raw sirloin and the lowest in sirloin boiled in water without salt. The content of Cd, Hg and Pb did not cross the admissible standards. The content of Cu and Zn in the products of animal origin is not regulated by the country's legislation.