

Studies on the quality evaluation of idli prepared from barnyard millet (*Echinochloa frumentacea*)

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■ **ABSTRACT** : Barnyard millet (*Echinochloa frumentacea*) is one of the hardiest millet, which is called by several other names viz., kuthiraivali (T), shama (H), shamula (M), sawank (T) and sama (G). An investigation was undertaken to develop value added barnyard millet idlis. Standardization trials indicated that incorporation of barnyard millet at 30, 40 and 50 per cent could be incorporated in the standard recipe to yield acceptable idlis with low fat 0.88g per cent. Barnyard millet rice idlis were developed and its nutritionally superior than the control idlis. Wide variations in physico-chemical characteristics of the idlis were noted. Average value of volume, weight, pH, spreadability, specific gravity, diameter and width of barnyard millet rice idli ranged from 1.40ml, 2.91g, 1.03, 0.40cm, 1.25g/cm³, 7.2cm and 2.6cm, respectively. The protein (6.82g), fibre (4.64g), phosphorus (122.01mg) and iron (4.05mg) were comparatively better than control idli. The organoleptic qualities of idlis were analysed by panellists on a 9 point hedonic scale and found to be organoleptically good.

■ **KEY WORDS** : Quality evaluation, Idli, Barnyard millet

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