



RESEARCH ARTICLE : **Development of instant idli mix from proso millet (*Panicum miliaceum*)**

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SUMMARY : Proso millet (*Panicum miliaceum*) is an annual warm season grass which was used to prepare some foods in some parts of Karnataka. The present study was focused on development of ready-to-cook Idli mix using proso millet, by varying the levels of proso millet and chiroti rawa in the ratio of 90:10 and 80:20, respectively. The proximate composition of the idli mix was found to contain 7.12 (g), 0.92 (g), 13.82 (mg), 4.14 (g) and 49.85 (g) of protein, fat, calcium, crude fibre and carbohydrates, respectively. The product was stored in three different packaging materials namely, Polyethylene, Polypropylene and Aluminium Laminated Foil pouch for 2 months under ambient condition for shelf life study. Ready-to-cook Idli mix was subjected to sensory evaluation and nutritional analysis. The results of the study revealed that Ready-to-Cook Idli mix packed in aluminium laminated foil pouch showed highest score with respect to Appearance (8.19), Texture (7.44) Colour (7.75), Aroma (7.50), Taste (7.63) and Overall acceptability (7.69) compared to Idli mix stored in other two packaging materials that is Polyethylene and Polypropylene. Results also revealed that it can be stored up to three months under ambient condition without any quality deterioration. Idli mix with 80 per cent millet was found to be best accepted.

KEY WORDS :

Proso millet, Sensory evaluation, Packaging materials, Shelf-life

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