

Development and characterization of indigenous value added *Greek strained dahi*

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Fermented dairy products provide healthy good bacteria in the intestinal tract and beneficial effects to the host by changing the equilibrium and metabolism of the intestinal microflora. *Dahi* is an indigenous Indian fermented milk product and is a good source of B vitamins, proteins, and calcium, which is easier for the body to digest than that, is present in fresh milk. Different types of *dahi* such as sweet *dahi*, sour *dahi* and flavored *dahi* are usually found in the markets but value added products like that of its counterpart yoghurt such as fruit yoghurt are not available. Hence, the objective of this study was to develop value added *dahi* products. In this report we have developed and characterized *Greek strained dahi* and probiotic *Greek strained dahi* and have also compared it with traditional *dahi*. We have assessed physicochemical, microbiological characteristics, as well as shelf life and sensory acceptance of all these products. For this study four *dahi* formulations were prepared: traditional *dahi* (type A), probiotic *dahi* (type B), *Greek dahi* (type C) and probiotic *Greek dahi* (type D). Probiotic *dahi* has significantly less pH and reducing sugar compare to the traditional *dahi*. Whereas probiotic *dahi* has significantly higher acidity, TSS, moisture, fat, protein and antioxidant activity than traditional *dahi*. Probiotic *Greek dahi* has significantly ($p < 0.05$) decreased pH, moisture and reducing sugar compare to all three types of *dahi* and, significantly ($p < 0.05$) increased in acidity, TSS, fat, protein and antioxidant as compared to all three *dahis*. All *dahi* samples were stored up to 24 days at (4°C) refrigeration temperature. Microbiologically, *dahi* samples were stable and with satisfactory sanitary conditions for consumption but pH decreasing and acidity increasing vice versa were present with increasing the day of storage. Probiotic *Greek dahi* showed the greatest shelf life and acceptance by consumers. In conclusion, Probiotic *Greek Dahi* is a good food alternative, because in addition to market innovation, it has high nutritional value and good acceptance by consumers.

Key Words : *Greek dahi*, Probiotic, Shelf life, Physico-chemical

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