

Development and qualitative estimation of high fibre enriched bread fortified with carrot pomace

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The study was conducted on development and qualitative estimation of high fibre enriched bread fortified with carrot pomace” using carrot pomace powder and refined wheat flour in varying ratio of 2.5:97g, 5:95g, 7.5:92.5g, and 10:90g, respectively. The carrot pomace was dried at 45° C and then was grinded into powder. Also a control sample without fortification was evaluated to assess the difference of physio-chemical parameters between the control and experimental samples during the storage period of 6 days. The parameters were evaluated and assessed on day 0, day 2, day 4 and day 6, respectively. Refined oil was used as shortening agent while sugar powder was added as rich supplement of free carbohydrate source for proper leavening. Preactivated yeast was used for leavening and making of dough. During storage there was loss in the amount of moisture, ash, fat, crude fiber, protein as far as physio-chemical parameters were concerned. The study conducted showed that fortification of carrot pomace directly influences the qualitative aspects of prepared bread while the organoleptic study suggested that bread was acceptable for consumption for a period of six days while T₂ having 5g of carrot pomace was desirable for acceptability on most accounts. The F test was found significant at (P<0.05).

Key Words : Qualitative, Fortification, Carrot, Pomace, Bread, Physio-chemical

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