



Preparation of softy ice-cream from safflower milk blended with buffalo milk

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● ABSTRACT ●

Softy ice-cream prepared from buffalo milk blended with safflower milk has a good market potential particularly for the vulnerable people and for people suffering from various heart ailments. Trials have been conducted to prepare softy ice-cream from safflower milk blended with buffalo milk with most economic alternative. Softy ice-cream was prepared from different proportions of buffalo milk and safflower milk 100:0 (T_0), 75:25 (T_1), 50:50 (T_2), 25:75 (T_3) and 0:100 (T_4). The sensory score for overall acceptability of softy ice-cream of treatments T_0 , T_1 , T_2 , T_3 and T_4 were 8.87, 8.44, 7.92, 7.25 and 6.51, respectively. Resistance of melting of softy ice-cream increased as increase in the proportion of safflower milk in the blend. Quality softy ice-cream was prepared from T_2 (50:50) treatment. On an average T_2 treatment contained 10 per cent fat, 3.24 per cent protein, 1.18 per cent ash and 23.72 per cent total carbohydrates. Cost of production of 1 lit. softy ice-cream was higher in softy ice-cream prepared from buffalo milk (Rs.54.90) compared to softy ice-cream prepared from safflower milk and buffalo milk 50:50 blend (Rs.49.24).

KEY WORDS : Soft, Ice-cream, Safflower milk

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● INTRODUCTION ●

In-spite of all efforts to restrict population growth, the population is expected to cross 1000 million and that may create the deficiency in per capita consumption of milk. So it is necessary to utilize milk substitute to fill up the gap. The substitute milk must be more or less similar to cow milk and low in cost. Generally soybean, safflower, groundnut, coconut have been used for preparation of milk and milk products substitutes. Mhaske (1997) prepared safflower milk from safflower seed was similar to cow milk and was low in cost. The composition of safflower milk was as follows.

| | | |
|-----------------|---|---------------|
| – Fat | - | 4.55 per cent |
| – Protein | - | 2.30 per cent |
| – Carbohydrates | - | 2.21 per cent |
| – Ash | - | 0.62 per cent |
| – Total solids | - | 9.68 per cent |

This milk seems to be possible alternative. Amongst oil seed, the safflower has assumed much prominence. It is rich in polyunsaturated fatty acids and have been shown

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to prevent increase in serum cholesterol. So the product prepared from safflower milk would prove to be very useful to the people who are suffering from heart problems.

Everybody seems crazy about this new ice-cream called as soft serve ice-cream. Softy nourishes as it refreshes. It is both a food and refreshment. It stimulates the psychic stimulus which is recognised as an important aid to digestion. Ice-cream is an excellent source of food energy. The energy value of ice-cream is very high. It is, therefore, very desirable food item for growing children's and persons who not to put on weight.

● MATERIALS AND METHODS ●

During the course of present investigation on the studies on preparation of softy ice-cream from safflower milk, blended with buffalo milk, the material used and methods employed are delineated hereunder.

Materials:

1) Buffalo milk, 2) Safflower seed, 3) Sugar, 4) Cream, 5) Carboxy methyl cellulose (CMC), 6) Vanilla, 7) Sodium chloride, 8) Sodium hexametaphosphate, 9) Skimmed milk powder

Preparation of safflower milk:

The safflower milk was prepared as per the method