

Organoleptic evaluation of germinated fenugreek seed flour incorporated recipes: *Chapatti* and *Idli*

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■ **ABSTRACT** : Fenugreek contains balance of both soluble (β -glucan) and insoluble fibre. The objective of the present study was development of high fibre germinated fenugreek seed flour and its incorporation in some homemade recipes viz., *chapatti* and *idli*. Nutritional quality of germinated fenugreek seed flour was evaluated. Nutritional analysis revealed that moisture (5.5 %), protein (41.2 %), crude fat (3.7 %) soluble fibre (11.3 %) and insoluble fibre (19.9%) content were higher whereas fat (3.7 %) content was low in germinated fenugreek seed flour. Sensory evaluation showed that chapatti was acceptable up to 20 per cent level of incorporation, whereas, idli was acceptable up to 30 per cent level of incorporation by panelists.

■ **KEY WORDS**: Fenugreek, Insoluble fibre, *Idli*, *Chapatti*, Sensory evaluation

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