

Development of recipes from garden cress seeds and its effect on anaemic patients

RICHA DASHORA AND MADHU CHOUDHARY

Background: Anaemia is most common disease prevalent among women. Anaemia is a global public health problem that affects human in all stages of the life. A study was done to see impact of Garden cress seeds (GCS) on the stability of haemoglobin level among young girls. **Methods:** For the study 50 girls were selected from Bhilwara city and their haemoglobin was estimated. Out of 50 girls 10 anaemic (Hb <10 g/dl) girls were selected for intervention test in which garden cress seeds powder (5g) was given to them daily for one month. To see the impact of GCS powder hemoglobin was again estimated after one month. To promote the intake of iron rich Garden cress seeds five recipes were developed and standardized namely cutlet, *Parantha*, *Ladoo*, *Kheer* and biscuit. **Results:** For five recipes the mean score for highly acceptable recipes cutlet, *Parantha*, *Ladoo*, *Kheer*, biscuit was 17.2 ± 1.25 , 16.6 ± 2.17 , 16.4 ± 2.22 , 16.3 ± 0.82 , 16.3 ± 2.11 respectively. After sensory evaluation Garden cress seeds *Kheer* recipe A (5g), B (10 g) and C (15 g) ranked first, second and third. When different characteristics were compared for t-test it was shown that there was statistically significant difference between A/B and C/A. For garden cress seeds cutlet recipe A (5g), B (10g) and C (15g) ranked first, second and third. There was a statistically significant difference between B/C and C/A. Garden cress seeds *Parantha* recipe A (3g) and B (6 g) marked equal. t-test result showed that there was not statistically significant difference between A/B, B/C, C/A. For recipes *ladoo*, recipe B (5 g) was marked highest (73) and recipe C (7 g) marked lowest (68). For garden cress seeds biscuit recipe A (7 g) marked first (79) recipe B (5 g) and C (3 g) marked equally (70). For recipes *Ladoo* and biscuit there was no significant difference between A/B, B/C and C/A for over all acceptability. Ten girls who consumed garden cress seeds powder their haemoglobin level was significantly increased when estimated after a month. It resulted that garden cress seeds powder was good iron rich product. **Conclusion :** The present study shows that the seeds of Garden cress could be used as food supplement in human diet as it contains considerable amount of iron. Garden cress seeds prepared with the method of soaking in water, milk or coconut water reduces the tanginess and off smell of these seeds.

Key Words : Recipes, Garde cress, Anaemic patients

How to cite this article : Dashora, Richa and Choudhary, Madhu (2016). Development of recipes from garden cress seeds and its effect on anaemic patients. *Food Sci. Res. J.*, 7(2): 299-305, DOI : 10.15740/HAS/FSRJ/7.2/299-305.

MEMBERS OF RESEARCH FORUM

Author for correspondence :

RICHA DASHORA, Department of Food and Nutrition, Faculty of Home Science, S.D.M. P.G. Girls College, M.D.S. University, AJMER (RAJASTHAN) INDIA
Email : richa_dashora@yahoo.com

Associate Authors' :

MADHU CHOUDHARY, Department of Food and Nutrition, Faculty of Home Science, S.D.M. P.G. Girls College, M.D.S. University, AJMER (RAJASTHAN) INDIA
Email : korwalmadhu@rediffmail.com
