

Studies on development and standardization of sterilized carrot *Kheer*

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■ **Abstract** : It is a common practice in Indian continent to consume milk along with cereals, fruits and vegetables. Carrot is most commonly used vegetables for preparation of the carrot *Halwa* and carrot *Kheer* in the northern and central part of the India. It is a highly nutritious and popular product. Since carrot is available for a short duration in the market, the availability of these products throughout the year is a problem. An attempt is made here to develop and standardize carrot *Kheer* to extend its shelf-life. For preparation of the carrot *Kheer* shredded carrot was cooked in presence of ghee to develop characteristic flavour. Other ingredients like milk, sugar and dry fruits were then added to it and the whole mass was cooked till the desired consistency was obtained. Shredded carrot was added at three different levels of 20, 30 and 40 per cent with 8 per cent sugar. No other artificial flavouring and colouring materials were added in the products. The prepared carrot *Kheer* were sterilized and then stored at room temperature. The sensory quality of the *Kheer* was evaluated using 9 point Hedonic scale for its different attributes. The carrot *Kheer* containing 30 per cent shredded carrot was preferred most by the judges. The overall acceptability of the fresh samples of *Kheer* was 7.50 and at the end of the 28 days of storage period the score of the corresponding samples was 6.50. The carrot *Kheer* using shredded carrot at 30 per cent concentration contained 8.2 per cent fat, 33.30 per cent total solids, 0.17 per cent acidity in terms of lactic acid, and 21.10 °Brix TSS.

■ **KEY WORDS** : Carrot *Kheer*, Sterilization, Milk, Homogenization, Carotenoids

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