

## Development of fibre rich cutlet using flaxseed

■ PREETI RATHI AND RENU MOGRA

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See end of the paper for  
authors' affiliations

Correspondence to :

**PREETI RATHI**

College of Home Science,  
Maharana Pratap University  
of Agriculture and Technology,  
UDAIPUR (RAJASTHAN) INDIA  
Email: rathi.preeti5@gmail.  
com

■ **ABSTRACT** : Kids are hungry, tired and exhausted after coming back home from the school. Children seem to have the biggest appetites at this time. They need some good heavy snacks that contain some amount of protein along with carbohydrates to refuel their body. After school, snacks also contribute to the daily nutritional needs. Cutlets are popular among children and they prefer it over traditional snacks. The present study was carried out to prepare fiber rich cutlet which could counter balance the affect potato cutlet. Fiber rich cutlet was prepared by replacing potato (standard recipe) different proportions *i.e.* 10gm, 20gm, and 30gm of flaxseed. The ground flaxseed was used and mixed with boiled potatoes to prepare the cutlet. Organoleptic and nutrients evaluation concluded that the most acceptable levels of flaxseed incorporation were 3<sup>rd</sup> ratio *i.e.*, 30 percent. Nutrition composition of flaxseed cutlet showed the analyzed value of moisture (4.30), protein (16.41), fat (13.55), ash (1.79), fibre (7.76), carbohydrate (56.15) and energy (443.41) per 100g, respectively. Flaxseed cutlet was found to have maximum amount of protein, least amount of fat, calories but with good amount of fiber and can be claimed for functional health benefits.

■ **KEY WORDS** : Health benefits, Dietary fibre, Corn

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Epidemiological research has demonstrated a relationship between energy rich diet and chronic diseases (Best, 1991; Kaeferstein and Clugston, 1995) and thus diet with high fibre has been recommended (Johnson and Southgate, 1994). Dietary fibres are incorporated in the products for their functional and technological properties (Thebaudin *et al.*, 1997). Various types of fibres have been used in the products to increase the cooking yield due to their water and fat binding properties (Colfrades *et al.*, 2000). Effect of varies fibres on food differs according to quantity and nature of dietary fibre (Thebaudin *et al.*, 1997). Hence, this study was carried out to assess the utility of flaxseed in formulation of cutlets, to standardize potato cutlet using flaxseed and to evaluate the quality attributes.

### ■ RESEARCH METHODS

Flaxseed were locally collected and cleaned of material. Cutlets were prepared with different ratio (10, 20, 30g) of flaxseed besides other additives, like onion, ginger garlic paste, chilies and coriander leaves used for flavouring the product.

The flaxseed were grounded to a fine powder and mixed with potatoes to prepare the cutlet by standardize procedure (Table A).

**Table A : Ingredients**

Potatoes medium sized	2
Breadcrumbs	115 g
Coriander seeds	5 g
Ginger paste	10 g
Green chilies	4
Red chilies powder	5 g
Refined oil	10 ml (for deep-frying)
Salt	According to taste

### Preparation of cutlet:

Boiled potatoes in salt water, peeled and then mashed. Cleaned, washed and chopped green chilies and coriander leaves. Heated oil and added coriander seeds. When it crackled, added ginger paste, garlic paste, green chilies and