

Preparation and standardization of instant vegetable *Dalia* mix

■ PRIYANKA SOHAN, ASHWANI KHAJURIA AND VIJAY KUMAR

Received: 06.08.2012; Revised: 06.10.2012; Accepted: 12.11.2012

See end of the paper for authors' affiliations

Correspondence to :

VIJAY KUMAR

Department of Soil Science and Agricultural Chemistry, S.K. University of Agricultural Sciences and Technology, Chatha, JAMMU (J&K) INDIA
Email: vijaykumar.1144@yahoo.com

■ **ABSTRACT** : An instant vegetable *dalia* based was developed using blends of cracked wheat, onion, carrots, peas and cumin. Cracked wheat was added with the objective of making instant vegetable *dalia* nutritionally balanced for supplementing carbohydrates and proteins. Study revealed that incorporation of cracked wheat, onions, carrots, peas and cumin affected the properties of developed product. Physico-chemical characters of instant vegetable *dalia* were evaluated by moisture content and total ash content being 6.0 per cent and 1.6 per cent, respectively. The result of sensory evaluation conducted by semi-trained judges showed that the incorporation of instant vegetable *dalia* into blend increases the taste and overall acceptability. The sensory analysis of the samples of instant vegetable *dalia* was found to be most acceptable with respect to all the attributes like appearance, taste, consistency and overall acceptability.

■ **KEY WORDS** : Vegetable *Dalia*, Score, Extruded product, Moisture, Total ash content

■ **HOW TO CITE THIS PAPER** : Sohan, Priyanka, Khajuria, Ashwani and Kumar, Vijay (2012). Preparation and standardization of instant vegetable *Dalia* mix. *Asian J. Home Sci.*, 7 (2): 431-434.

The nutritionally balanced products obtained by bending the by-products of milling industry can be extrusion cooked into a variety of food products including ready to eat snacks quick cooking, porridge and pudding, beverage base, high protein and high dietary fibre foods. However, the products available are too expensive for the target groups. It is therefore, desirable to study ways and means of developing less costly but equally nutritious foods that may be within the reach of the wider population. Instant foods are fully or partially prepared foods for which significant preparation time, culinary skills or energy use have been transferred from homemaker's kitchen to the food processor. Most of the foods in a modern supermarket have had some preparation treatment and thus in a sense are instant foods. Many different processes are used by the food industry in the food to variable moisture levels by freeze drying and other methods, comprising the food to decrease bulk, pre-cooking and freezing and using various flexible packaging materials. Dehydrated instant foods are also plentiful. Instant foods offer storage and transportation saving to industry as to the home maker. The standardization of products and suitable packaging are also factors in the retention of desirable qualities in the stored foods. The process or technology for production of such

type of products should not be sophisticated and should be highly adaptable. Wheat and rice constitute the staple food of majority of Indian population forming about 90 per cent of the total diet (Singh, 1993). The popular methods of eating these grains are based on the convenience of preparations, palatability and storage quality of the cooked product. Mixture of cereals in various population and blends of cereals grains with other by-products in various ratios have been used for a number of tasty products. The instant foods are economical, convenient foods suitable for daily consumption by all age groups. Some recipes have been developed based on the combination of cereals, seasonal vegetables and oilseeds. The preparations are a good source of energy, protein of good quality along with minerals. Instant vegetable *Dalia* is one of them. It has goodness of both cereals and vegetables. It is a good source of essentially vitamins like vitamin B₁, vitamin B₂, vitamin₄, vitamin A and essential minerals like calcium, potassium, iron. When vegetables *Dalia* is made with salt, it becomes more valuable as it can be easily consumed by diabetic patients or liked by children as well. Keeping in view of the above facts, the present investigation was undertaken to assess and to standardize the instant vegetable *dalia* by using different vegetables that are nutritious and the results