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Quality and sensory evaluation of value added gatta instant mix.

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ABSTRACT

Value added gatta instant mix was standardized and analyzed for their organoleptic characteristics and shelf-life study. Value added gatta instant mix was prepared by using germinated moth bean and β -carotene rich vegetables. Among the pulses, moth bean (*Vigna aconitifolia*) is the most consuming pulse for the people living in harsh environment of arid and semi- arid zones. The mean scores for sensory evaluation of developed value added gatta instant mix was 8.4 on nine point Hedonic ranking scale. Fat acidity and free fatty acid also revealed satisfactory quality of the gatta instant mix at the end of three months storage period. Thus, better quality of value added gatta instant mix brings considerable advantages among the arid region.

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Key words : Instant food, Value addition, Sensory evaluation

INTRODUCTION

Unlike olden days, where man used to have his food lavishly and slowly, the present trend changed the habits to foods which are simple and easy to digest. Due to fast changing trend of urbanization and modernization every consumer always remains in hurry. There has been quest for finding out ways and means to reduce time required for most of the drudgeries. This lead to the genesis of instant foods (Sharma, 2005). India has been the home for ageless culinary art, having a rich heritage of a wide variety of traditional preparations. A large number of grain based traditional foods like *vada*, *dosa*, *idli*, *khaman*, *pakoda*, *mathri* etc. have been processed and their instant mixes have been developed, which are gaining popularity but all these mixes are prepared using refined cereals and pulses which are deficient in essential nutrients, which may lead to various deficiency diseases (<http://www.answer.com>).

These problems can be reduced by value addition of processed foods such as addition of fruits, vegetables, whole cereals, pulses and using germination and fermentation process. Among the pulses, moth bean (*Vigna aconitifolia*), the most consuming pulse for the people living in harsh environment of arid and semi- arid

zones. However, it contains many antinutritional factors and these can be removed by processing of bean such as soaking and germination. The germination of pulses increases its nutritional contents. The germinated pulses have high vitamin C content, other vitamins and folic acid. On the other hand, vegetables and fruits contain various important functional nutrients such as vitamin C, vitamin E, vitamin K and β -carotene. The health problems arises due to use of processed foods and scanty work has been done in this field also. Therefore, investigation was planned to develop spread instant mix using β -carotene rich vegetables and germinated moth bean.

MATERIALS AND METHODS

Development of raw materials:

The soaked moth bean was germinated in shade dried and ground for development of powder. On the other hand, curry leaves, coriander leaves and sliced carrot were dried and ground for powder.

Development of instant mixes:

Most acceptable powders *i.e.* oven dried curry leaves, oven dried coriander leaves and blanched oven dried carrots were incorporated into germinated moth bean