

Standardization and studies on preparation of roat

RITESH BALASO WATHARKAR, M. RAHUL THORAT AND ALAMGIR NAZIR SHANEDIWAN

One such product is roat. It has the whole wheat shoji, jaggery, ghee, dry fruits, milk and spices. This is the most healthiest and nutritional forms of cookies. Consumption of ghee in appropriate quantity is always advisable. The was prepared from wheat flour incorporated with bran fibre in different proportion viz., T_0 is without bran fibre, T_1 with 20 per cent wheat bran, T_2 30 per cent wheat bran and T_3 with 40 per cent wheat bran. Overall average score for the finished product including control rasnged in between 7.7 to 8.31. The overall average score for T_0 , T_1 , T_2 and T_3 were 7.73, 7.7, 8.31 and 7.96, respectively. This clearly indicate that the overall average score of T_2 is greater than other combinations. The overall acceptability has a cumulative effect of parameters like general appearance and texture etc. Hence, finally it could be stated further that incorporation of wheat bran at the rate of 10, 20 and 30 per cent of flour could be safely done to formulate finished product which will have acceptability and good market.

Key Words : Roat cookies, Protein, Soji

How to cite this article : Watharkar, Ritesh Balaso, Thorat, M. Rahul and Shanediwan, Alamgir Nazir (2012). Standardization and studies on preparation of roat. *Food Sci. Res. J.*, 3(2): 146-148.

INTRODUCTION

One such product is roat. It has the whole wheat shoji, jaggery, ghee, dry fruits, milk, and spices are present. This is the most healthiest and nutritional forms of cookies. Consumption of ghee in appropriate quantity is always advisable. The demand for the production of bakery products is increasing throughout the world, because of growing urbanization and increasing employment of woman in industrial and public sectors. Bread rolls, sweet dough products, Biscuits, cookies, crackers, muffing, doughnuts, pastries and cakes are common product is over 100 kgs in western development countries (Ramesh and Murugan, 2007). In recent years in india bakery products have become popular among different cross section of population due to increased demand for convenience food. Bread and biscuit accounting for 80 per cent of total bakery products produced in the country. The origin of the word biscuit is form latin

via middle French and means "twice cooked" and it is a small baked product made of basically wheat flour sugar and shortening (Aarwal, 1990). Cookies are rich in fat content and sugar content than whole breads. But they are low in proteins. The lower content of proteins, vitamins and dietary fibre and nutritional problems with most bakery products enrichment adds iron, B complex, and dietary fibres. Cookies are called biscuit in England and Australia. They are called Gallets in Spain. Germans call them as keks or platzchen for christmas cookies. Cookies are normally a combination of all purpose flour baking powder, unsalted butter, sugar and flavouring. Gorden (1989) said that "Dietary fibre has been defines as the plant cell polysaccharides and lignin not hydrolyzed by the digestive enzyme of plant and human. Fibre is drfined as the component of dietary plan material that cannot be digested by human enzyme amd consist of a heterogeneous mixture of complex polysaccharides and non-polysaccharide polymers (Joshi, 2006). Incorporation of fibre sources such as ceral bran, pulse, and husk can increase fibre content of biscuit, but the biscuit made by incorporating these materials can not provide a good taste and flavor. Incorporation of carrot pomace in biscuit increase fiber content as well as sensory attributes of biscuit Kumari and Gerewal (2007). Rana *et al.* (2007) states that the substitution of wheat bran pigeon pea broken flour in biscuit

MEMBERS OF RESEARCH FORUM

Author for correspondence :

M. RAHUL THORAT, Department of Food Chemistry and Nutrition, Sharadchandraji Power College of Food Science and Technology, Kharawate-Dhahiwali, Chiplun, RATNAGIRI (M.S.) INDIA
Email : rahulthoratnet@gmail.com

Associate Authors' :

RITESH BALASO WATHARKAR AND ALAMGIR NAZIR SHANEDIWAN, Department of Food Sciences and Technology, K.K. Wagh College of Food Technology, NASHIK (M.S.) INDIA