

# Studies on standardization of ginger-garlic-chilli paste and its utilization in bread

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Ginger, garlic and chilli are major spices grown in India. These spices have medicinal importance. Ginger stimulates production of enzymes that detoxify carcinogens, inhibit cholesterol synthesis, block estrogen, lower blood pressure, elevate immune activity and inhibit tumor growth. Garlic is carminative and is a gastric stimulant and thus aids in digestion and absorption of food. Capsaicin found in chilies can kill cancer cells safely. To get these health benefits of spices, it needs to use in various consumable forms. The present investigation was undertaken to standardize the processing for preparation of ginger-garlic-chilli paste and the efforts were made to utilize the paste in bread. Three samples of ginger- garlic-chilli paste were prepared with various proportions and were evaluated for organoleptic properties. Best sample was selected and utilized as ingredient to make 3 samples of bread with 4 per cent, 5 per cent and 6 per cent paste of dough weight. Overall acceptability of prepared bread samples was between 7.6 to 8.1.

**Key Words :** Ginger, Garlic, Chilli, Paste, Bread

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