



RESEARCH PAPER

Effect of processing parameters on the gelation and sensorial characteristics of psyllium husk

Simran Kaur Arora

Department of Food Science and Technology, Govind Ballabh Pant University of Agriculture and Technology,
Pantnagar (Uttarakhand) India (Email : sim_n@rediffmail.com)

Abstract : Psyllium husk (PH) exerts functional, nutritional and prebiotic properties. However, when dispersed into water it easily forms viscous gel. The PH gel is difficult to swallow due to its sliminess which also reduces its acceptability appearance wise. In the present study, effect of processing treatments involving pre-dispersal grinding, blending, pH and exposure to heat were investigated on the rheological and gel forming properties of PH in water. It was found that pre-dispersal grinding of PH was favourable for its improved dispersion and sensorial characteristics. The pH of dispersion made no difference on the gel properties and with adequate blending treatment for 5 min, an extended heat treatment can also be avoided.

Abbreviations used: DF- Dietary fibre, PH-Psyllium husk, SVR- Sensory viscosity rating

Key Words : Blending, Gel, *Isabgol*, pH, Psyllium husk, Heating, Sliminess, Viscosity

View Point Article : Arora, Simran Kaur (2023). Effect of processing parameters on the gelation and sensorial characteristics of psyllium husk. *Internat. J. agric. Sci.*, **20** (1) : 273-281, DOI:10.15740/HAS/IJAS/20.1/273-281. Copyright@2024: Hind Agri-Horticultural Society.

Article History : Received : 09.10.2023; Revised : 08.11.2023; Accepted : 11.12.2023