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RESEARCH PAPER

Studies on dehydration of legume based sweet product Puran by radio frequency heating technology

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SUMMARY : This research was carried out to explore the instant mix of puran prepared by Bengal gram and sugar in proportion of 40:60. Puran was prepared by traditional method of preparation. Among the dehydration methods radio frequency dehydration assisted with hot air gave acceptable quality of final powdered Puran product. It also had good colour after dehydration. Reconstituted easily with less amount of water than microwave dried. It is necessary to study storage life of dehydrated puran. It is also recommended that packaging of powdered puran should be under vacuum.

Key Words : Dehydration, Radio frequency dryer

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The preparation of food is a skilled job. In ancient times, the number of persons used to involve preparing food. But life styles of person are steadily shifted to fast food, and, therefore, the convenience food have achieved important place in modern days. Among the various convenience foods, ready mixes have its own importance.

In view of above these aspects, attempts are made to prepare instant dehydrated puran mix. Puran is a traditional and popular food item of Maharashtra, Gujarat, Madhya Pradesh and adjoining areas. It is a legume based sweet product and, therefore, economical source of protein, vitamins, minerals and calories that are essential in human nutrition. Puran provides a large amount of energy; since it contains around 50 per cent sugar.

The instant convenience food has the greatest advantage of reduction in preparation time and also easy preparation. This decrease in cooking time increases the convenience in its use in today's fast life style.

The project was designed to prepare dehydrated puran by combining different parts of Dal and sugar. After this the sensory evaluation of all the different proportion of mixes are done and also reconstitution of dehydrated puran. The sensory evaluation makes us to select the best in taste among the various combinations.

This product is made available in semisolid form. An attempt will be made to make this product in the most convenient form.

Bengal gram is called chickpea or gram *(Cicer aritinum* L.) in South Asia and Garbanzo bean in most of the developed world. Bengal gram is a major pulse crop in India, widely grown for centuries and accounts for nearly 40 per cent of the total pulse production. India is the major growing country of the world, accounting for 61.65 per cent of the total world area under Bengal gram and 68.13 per cent of the total world production. Bengal gram is widely appreciated as health food. It is a protein-rich supplement to cereal-based diets, especially to the poor in developing countries, where people are

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