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RESEARCH PAPER

Sensory quality of probiotic shrikhand using yoghurt culture

■ N.G. DEVSHETE, A.T. SONTAKE, H.D. PATIL AND R.B. WATHARKAR

SUMMARY : Shrikhand from buffalo milk using dahi culture (T_0) and yoghurt culture (T_1) was prepared and studied for it' acceptability. It was observed that shrikhand prepared using yoghurt culture was comparable or equally good to shrikhand prepared using dahi culture. Cost of production of shrikhand prepared from dahi culture (T_0) was Rs 55.14 per kg and for shrikhand prepared using yoghourt culture was Rs 55.52 per kg. This indicated that good quality shrikhand can be prepared using yoghurt culture. The main advantage of yoghurt shrikhand is that it contains viable cells of yoghourt bacteria which provides therapeutic benefit to the consumer.

KEY WORDS : Shrikhand, Yoghurt, Dahi, Probiotic, Therapautic

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Fermented milk and milk products occupy a place in satisfying nutritional requirements of human being since the time antiquity. Fermented milk products have been well recognized to have therapeutic, anticholeterolemic, anticarcigenic properties (Gardiner *et al.,* 2002.). Amongst the various fermented milk products, dahi a well known indigenous fermented milk products prepared by lactic acid fermentation is being converted in to shrikhand because of its better shelf-life.

Shrikhand is a semi soft, sweetish, sour, fermented, whole milk product. The curd (Dahi) is partially drained through a muslin cloth to remove the whey and thus, produce a solid mass called chakka(the basic ingredient for shrikhand).The chakka is mixed with required amount of sugar, nutmeg colour etc to yield shrikhand.

Shrikhand is served as special delicacy during festivals and ceremonial occasions. Consumption of shrikhand is reported to be effective in treatment of many diseases like diarrhea, acidity, gastro enteritis (Patel and Schauen, 1997).

MEMBERS OF THE RESEARCH FORUM

Author for Correspondence :
N.G. Devshete, K.K. Wagh College of Agriculture, NASHIK (M.S.) INDIA
Email : nitin_devshete @rediffmail .com

Coopted Authors:
A.T. SONTAKE, H.D. PATIL AND R.B.WATHARKAR, K.K. Wagh College of Agriculture, NASHIK (M.S.) INDIA

Probiotics have been therapeutically to modulate immunity, improve digestive process, prevent cancer, improve lactose intolerance, etc. (Makhal *et al.,* 2005). Lactic acid bacteria decreases serum cholesterol levels, increases vitamin B content in the product(Grill *et al.,* 2000).

Yoghurt is fermented milk product obtained by lactic acid fermentation by *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. Yoghurt has been found nutritious over milk due to higher concentration, better digestibility and absorption of fat, lactose, protein and minerals (Danone,1996).Yoghurt is known to produce a microbial compound (Aim *et al.,* 1983 and Yaeshima, 1996)

Looking to the diversified benefits of yoghurt culture shrikhand was prepared from buffalo milk using yoghurt culture.

EXPERIMENTAL METHODS

During the process of present investigation on preparation of probiotic shrikhand using yoghurt culture, the material and method adopted are delineated here under.

Buffalo milk :

Required for preparation of shrikhand was obtained from buffalo herd maintained at Dept.of Animal Husbandry and Dairy Science, College of Agriculture, Parbhani.