



Physico-chemical properties of *Lassi* from buffalo milk blended with coconut milk

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ABSTRACT: Coconut milk blended *Lassi* was prepared from different preparation of coconut milk blends. The product obtained was subjected for chemical analysis. On an average, the coconut milk blended *Lassi* of treatment T₀, T₁, T₂ and T₃ contained moisture was found to be 83.84, 81.81, 80.25 and 77.97 per cent, fat 2.94, 2.81, 2.76 and 2.74 per cent, protein 1.28, 1.74, 1.79 and 1.84 per cent, ash 0.38, 0.42, 0.49 and 0.54 per cent, total solids 16.09, 18.19, 19.75 and 21.78 per cent and carbohydrate 11.55, 13.21, 14.70 and 16.92 per cent, respectively. The observation in respect of titratable acidity was found to be 0.61, 0.59, 0.59 and 0.57 per cent, respectively.

KEY WORDS : *Lassi*, Buffalo milk, Coconut milk

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INTRODUCTION

Fermented milk plays important role in the human consumption as refreshing beverages and nutritious food in many parts of the world since earliest ages. There are several varieties of fermented milk prepared according to local traditional practices and known under various names such as Acidophilus milk, Bulgarian milk, Cultured milk, *Dahi*, *Leben*, *Kefir*, *Kumis*, *Taete*, *Lassi*, *Yoghurt* etc. (Laxminarayan and Shankar, 1980)

Among the various fermented milk products, *Lassi* is one of the thirst quenching beverages. *Lassi* is popular indigenous fermented milk beverage which is usually prepared by mixing *Dahi* and water in approximately equal proportions. *Lassi* is also made directly prepared from *Dahi* or using butter milk.

The cost of dairy products has risen considerably over the year, which has given an input to the development of a wide range of substitutes with cost effectiveness, nutritional superiority, ease of manufacture, increased shelf-life and good

functional properties of dairy products. Therefore, the approach to utilize the coconut milk blended with buffalo milk for preparation of *Lassi* could be an alternative. Coconut is an indispensable ingredients in many of the traditional- cuisines of South East Asian countries including India. Fat in coconut oil is similar to fat in mother's milk and have similar nutraceutical effects. These health effects were recognized about 4000 years ago in Ayurvedic medicine (Kabara, 2002). It is rich in lauric acid; a source of disease fighting fatty acid derivative monolaurin, increasing HDL cholesterol, and does not elevate LDL cholesterol, serum triglycerides (Coconut Development Board, 2002a).

The market demand for instant food and *Lassi* is growing all over the world and consumers are seeing new tastes and maintain a healthy ration of w-6 to w-3 fatty acids, when consumed as part of diets. Hence, taking into accounts the market demand, consumer prefers the coconut milk blended *Lassi* is one of the important avenues of utilization in human food chain.

MATERIALS AND METHODS

For preparation of *Lassi* from buffalo milk blended with coconut milk was carried out at the Department of Animal Husbandry and Dairy Science, College of Agriculture, Marathwada Krishi Vidyapeeth, Parbhani The whole fresh and clean buffalo milk taken and standardized to 6 per cent fat and

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