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Effect of active packaging on sensory attributes of low sugar, low calorie and fibre enriched *Lal Peda*

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ABSTRACT : Varanasi, the city of gullies and ghats is not only famous for its *Banarasi saree* and *Banarasi paan*, but also famous for the *Lal Peda* loaded with higher amount of sugar and loaded with *Ghee*, the *Peda* is shaped by hand and dusted with semolina and pistachios as a finishing touch. *Lal Peda* is a popular heat desiccated traditional dairy delicacy of eastern India specially Uttar Pradesh. It is prepared by blending of *Khoa* and sugar followed by heat desiccation until characteristic reddish brown colour appears. The *Lal Peda* is deficit in fibre so the developed *Lal Peda* was prepared with addition of oat. This product is manufactured since long time yet not glamorized as other *Khoa* based sweet products like *Burfi*, *Peda* etc. The main reason behind this is, these products centered into specific areas and have not properly focused by research scientists and extension workers. So the experiment was carried out on low calorie, low sugar and fibre enriched *Lal Peda*. The *Lal Peda* samples packed in polythene bags coated with nisin as a bio-preservative to check the preservation ability of the developed *Lal Peda*. The *Lal Peda* samples were packed in commercial Nasco sampling polyethylene bags using MAP equipment Reepack® and MAP mix 9000 Gas mixer, manufactured by PBI DAN5SENSOR A/S, Ringstead, Denmark. Three different combinations of gases *i.e.* 75 per cent CO₂, 25 per cent N₂, 50 per cent CO₂, 50 per cent N₂ and 25 per cent CO₂, 75 per cent N₂ were used to pack the *Lal Peda* samples. The samples packed under air were kept as control. The samples were stored in a BOD incubator (Remi Elektrotechnik Ltd., New Delhi, India) at 20 and 37°C and were analyzed for sensory attributes at an interval of 10 days. The sensory evaluation was carried out by 10 semi expert judges.

KEY WORDS : Low sugar, Low calorie, Fibre, *Lal Peda*, Active packaging

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