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RESEARCH NOTE :

Process technology to develop sun dried riped ber (*Zizyphus mauritiana*) based value added food products

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SUMMARY : To develop the value added food products based on ber (*Zizyphus mauritiana*), that can able to enrich the nutritional value and also beneficial for good health is the current need for the better utilization of underutilized plant at Chhattisgarh plains. The synergy between foods with other is vital not for taste and delight of eating but also for their high nutritional quality. The modern trend for development of new food products aspires for complementary foods in order to fulfill the widening gap of food availability and nutritional security. Therefore, an attempt to enlist, document the methodology and techniques to develop ber based food product to fulfill the above discussed needs for the human health in very good attempt and some value added products prepared from ber are discussed in this paper.

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KEY WORDS :
Ber, Candy, Value addition

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Ber is a tropical and subtropical fruit native to the northern hemisphere. It belongs to the genus Ziziphus of the family Rhamnaceae and order Rhamnales. Chhattisgarh state is tribal dominating state and ber is pre dominantly plant in Chhattisgarh plain region. Ber fruits are highly nutritious, rich in ascorbic acid and contain fairly good amount of vitamin A and B, minerals like calcium, phosphorus and iron (Yamadagni, 1985; Shoba and Bharathi, 2007). The value addition and product formulation from ber has been continuously targeted by researchers, but much of the findings could not be scaled-up and adopted. Therefore, in this paper an attempt to documentation the manufacturing procedure of ber based food products is made.

Value added ber products:

Sun dried ber were cleaned to remove dirt, stone, straw, impurities and other foreign materials then it was cleaned to remove sticked soil, dirt and other impurities and de-stoned and pulverized into fine powdered flour. Grinding was done using either a hammer, roll or disk mill. After screening the large and ungrinded portion were shifted for grinding again and the obtained ber flour is extracted in jar for further use. Added salt and chilli

powder in ratio of 10 (Ber powder) : 1 (salt) : 1 (Chilli/ black paper powder) then moisted it with water and made small boll and again sun dried it with moisture percentage upto 10% then packed it.

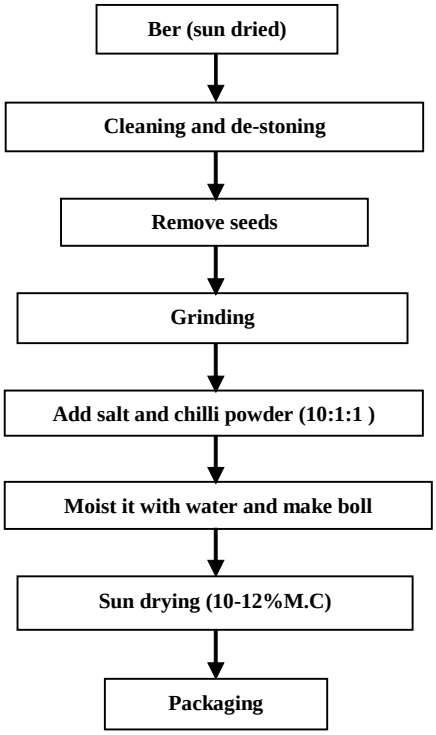

Fig. A : Process of ber canddy

Conclusion:

Ber based food processing industry is one of the best agro based small rural industries to be set at the ber

production region with individuals entrepreneurs and collective action and group initiative by women and men of self-help group (SHG's) organizer and definitely it will be get success. The new nutritional food products based on ber offers a good opportunity to rural entrepreneurs of Chhattisgarh through self-help groups (SHGs). Chhattisgarh is the land of opportunity for those whom are looking for new and expanding market in agricultural and food sector basically in the health food. The prospects for growth in the nutritive food sector are intense in Chhattisgarh.

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