

Standardization and studies on preparation of roat

RITESH BALASO WATHARKAR, M. RAHUL THORAT AND ALAMGIR NAZIR SHANEDIWAN

One such product is roat. It has the whole wheat shoji, jaggery, ghee, dry fruits, milk and spices. This is the most healthiest and nutritional forms of cookies. Consumption of ghee in appropriate quantity is always advisable. The was prepared from wheat flour incorporated with bran fibre in different proportion viz., T₀ is without bran fibre, T₁ with 20 per cent wheat bran, T₂ 30 per cent wheat bran and T₃ with 40 per cent wheat bran. Overall average score for the finished product including control rasnged in between 7.7 to 8.31. The overall average score for T₀, T₁, T₂ and T₃ were 7.73, 7.7, 8.31 and 7.96, respectively. This clearly indicate that the overall average score of T₂ is greater than other combinations. The overall acceptability has a cumulative effect of parameters like general appearance and texture etc. Hence, finally it could be stated further that incorporation of wheat bran at the rate of 10, 20 and 30 per cent of flour could be safely done to formulate finished product which will have acceptability and good market.

Key Words : Roat cookies, Protein, Soji

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INTRODUCTION

One such product is roat. It has the whole wheat shoji, jaggery, ghee, dry fruits, milk, and spices are present. This is the most healthiest and nutritional forms of cookies. Consumption of ghee in appropriate quantity is always advisable. The demand for the production of bakery products is increasing throughout the world, because of growing urbanization and increasing employment of woman in industrial and public sectors. Bread rolls, sweet dough products, Biscuits, cookies, crackers, muffing, doughnuts, pastries and cakes are common product is over 100 kgs in western development countries (Ramesh and Murughan, 2007). In recent years in india bakery products have become popular among different cross section of population due to increased demand for convenience food. Bread and biscuit accounting for 80 per cent of total bakery products produced in the country. The origin of the word biscuit is form latin

via middle French and means "twice cooked" and it is a small baked product made of basically wheat flour sugar and shortening (Aarwal, 1990). Cookies are rich in fat content and sugar content than whole breads. But they are low in proteins. The lower content of proteins, vitamins and dietary fibre and nutritional problems with most bakery products enrichment adds iron, B complex, and dietary fibres. Cookies are called biscuit in England and Australia. They are called Gallets in Spain. Germans call them as keks or platzchen for chirstmus cookies. Cookies are normally a combination of all purpose flour baking powder, unsalted butter, sugar and flavouring. Gorden (1989) said that "Dietry fibre has been defines as the plant cell polysaccharides and lignin not hydrolyzed by the digestive enzyme of plant and human. Fibre is drfined as the component of dietary plan material that cannot be digested by human enzyme amd consist of a heterogeneous mixture of complex polysaccharides and non-polysaccharide polymers (Joshi, 2006). Incorporation of fibre sources such as ceral bran, pulse, and husk can increase fibre content of biscuit, but the biscuit made by incorporating these materials can not provide a good taste and flavor. Incorporation of carrot pomace in biscuit increase fiber content as well as sensory attributes of biscuit Kumari and Gerewal (2007). Rana *et al.* (2007) states that the substitution of wheat bran pigeon pea broken flour in biscuit

MEMBERS OF RESEARCH FORUM

Author for correspondence :

M. RAHUL THORAT, Department of Food Chemistry and Nutrition, Sharadchandraji Power College of Food Science and Technology, Kharawate-Dhahiwali, Chiplun, RATNAGIRI (M.S.) INDIA
Email : rahulthoratnet@gmail.com

Associate Authors' :

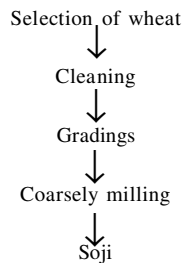
RITESH BALASO WATHARKAR AND ALAMGIR NAZIR SHANEDIWAN, Department of Food Sciences and Technology, K.K. Wagh College of Food Technology, NASHIK (M.S.) INDIA

formulation to increase protein, fibre, calcium. In that biscuit wheat FLOUR IS Replaced by wheat bran and pigeon pea broken flour to extent of 25 and 20 per cent, respectively.

METHODOLOGY

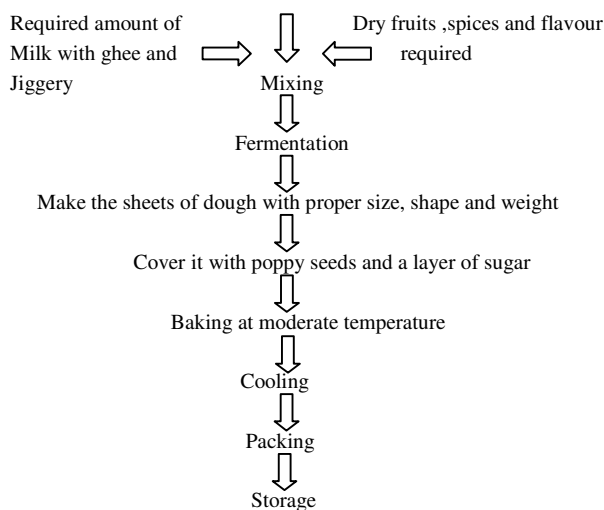
Materials: Soji, Ghee, Sugar, Ilayechi, Nutmeg and mace, Dry fruits, poppy seed, Milk, etc.

Coarsely grinding of wheat in to a desire fineness with bran was prepared to use in preparation of roat:



Preparation of roat:

Soji was made from whole wheat. In one cup of milk the grated jiggery and melted ghee is mixed well to get a uniform solution to this solution soji was added slowly in small portion. To this dough the dry fruits and spices was added. The dough was kneaded and kept a side covered with wet cloth for the whole day. Again the dough was kneaded and divided in to small portions and a proper shape was given. Each roat was covered with poppy seeds and a layer of sugar. Bake the roat at moderate temperature then cool it at room temperature for packing and storage.



(Ref-Dawat-E-Hyderabad (Ayesha and Niloufer)

Preparation of soji from whole wheat

Table A. Treatments

Parameters	Ingredients	Control	Sample A (20%)	Sample B (30%)	Sample C (40%)
Variable parameters					
	Soji	---	200 g	300 g	400g
	Wheat flour	1 kg	800 g	700 g	600 g
Constant parameters					
	Jaggery	700 g	700 g	700 g	700 g
	Ghee	200 g	200 g	200 g	200 g
	Milk	300 ml	300 ml	300 ml	300 ml
	Nutmeg and mace	½ piece	½ piece	½ piece	½ piece
	Ilayechi	5 g	5 g	5 g	5 g
	Dry fruits	50 g	50 g	50 g	50 g
	Poppy seed	5 g	5 g	5 g	5 g
	Sugar	100 g	100 g	100 g	100 g

OBSERVATIONS AND ASSESSMENT

The roat was prepared from wheat flour incorporated with bran fibre different proportion viz.,

T₀- Control without bran fibre

T₁- Roat with 20 per cent wheat bran

T₂- Roat with 30 per cent wheat bran

T₃- Roat with 40 per cent wheat bran

The prepared cookies was subjected to chemical analysis like fiber, protein, fat, ash and moisture content. Result obtained are as given below:

Chemical analysis of cookies:

The result obtained during the course of present investigation entitled preparation of roat by incorporation of "Bran fiber" has been delineated here under :

Table 1. Chemical analysis of cookies made by roat

Treatment	T ₀	T ₁	T ₂	T ₃
Moisture	2.41	2.14	1.89	1.72
Fiber	-	2.107	2.464	2.652
Protein	14.2	12.4	10.3	9.8
Fat	9.5	8.2	7.3	7.3
Ash	1.1	1.2	1.3	1.9

Data presented in the Table 1 indicates that the fibre content of the product increased from treatment T₁ to T₃. The fibre content of T₁, T₂, T₃ were found to be as 2.107, 2.464, 2.652 per cent, respectively. It was observed significantly different for the improvement of sensory attributes as well as to improve fibre content of cookies (Rana *et al.*, 2007). Table 1 observed that protein content of finished product varies from product to product.

The treatment T₀, T₁, T₂, T₃ contained average protein per cent 14.2, 12.4, 10.3, 9.8, respectively. All the treatment were found to be significantly different from each other. The protein

content of product decreased from T₁ and T₃ might be due to the increase proportion of the wheat bran which had been incorporated in the finished product.

Dennis (1989) reported that the most important criteria for incorporating an ingredients into a formulated food is that, it is must to contribute an acceptable final product. Total dietary fiber in food had been taken and added concept that it can promote good nutrition health that enjoys very positive connotation as food and cereal scientist and nutrition health professionals. Similar findings were expressed among this group in these research.

Kumari and Gerewal (2007) incorporation of fiber source such as cereal bran, pulse and husk can increase fiber content of biscuit, but the biscuit made by incorporating these material can not provide good taste and flavour. In these research preparation of roat is good taste and high fiber content was seen. The origin of the word biscuit is from latin via middle French and maens "Twice cooked " and it is a small baked product made up of basically wheat flour sugar and shorting.

Conclusion:

The salient feature of chemical analysis of cookies by using different levels of wheat bran are as under:

The fiber contain of T₀, T₁, T₂ and T₃ were found to be as 2.652 per cent, respectively.

The average protein per cent in treatment of T₀, T₁, T₂ and T₃ were found to be as 14.2, 12.4, 10.3 and 9.8, respectively. The fat per cent in treatment of T₀, T₁, T₂ and T₃ were are is 9.5, 8.2,

7.3 and 7.3, respectively. The ash content of T₀, T₁, T₂ and T₃ were found to be as 1.2, 1.3, and 1.9 per cent, respectively.

- From the result of the per cent investigation it may be concluded that a good quality cookies can be prepared by incorporating it with upto 30 per cent of wheat bran
- Utilization of wheat bran for preparation of high fibre cookies may also increase the mineral and dietary fibre content of cookies.
- It will also be of good nutritional as preventive medicine.
- It is proved that production of cookies is profitable business.
- This show that high fibre value added cookies can be prepared with use of wheat bran.

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