

Organoleptic evaluation of bajra roti fortified with full fat soy flour

BHARTI JAIN

AUTHOR FOR CORRESPONDENCE

Department of Food Science

and Nutrition Maharshi Dayanand Saraswati

(RAJASTHAN) INDIA E-mail: drbhartijain27

University, AJMER

@rediffmail.com

BHARTI JAIN

Received: 03.11.2011; Revised: 06.01.2012; Accepted: 10.03.2012

■ ABSTRACT : Bajra is the staple cereal of rural people living in Rajasthan. It has low protein content and limited in lysine. The essential amino acids mainly methionine and cystine need for growth are high in bajra. In contrast, soy protein is high in lysine but low in methionine and cystine. Combination of both will produce highly nutritious products. Therefore, the present study was under taken to develop and to find out the acceptability of bajra roti fortified with full fat soy flour in different proportions.. The traditional recipe of bajra roti was developed by replacing 30 per cent, 50 per cent and 60 per cent of soy flour with the main ingredient of the recipe. A composite scoring test was used to determine the degree of acceptance in soy fortified traditional products. Acceptability score of bajra roti where bajra flour replaced with 60 per cent soy flour scored highest in appearance and texture which was comparable to standard recipe of bajra roti. Taste and mouth feel characteristics of bajra roti fortified with 30 per cent FFSF scored highest. Overall acceptability of bajra roti into only improves the palatability but also its nutrient content.

or sofuseur neur in curu neu enig impreses une puinteenig eut t

KEY WORDS : Full fat soy flour, Soy fortification, Organoleptic evaluation

HOW TO CITE THIS PAPER : Jain, Bharti (2012). Organoleptic evaluation of bajra roti fortified with full fat soy flour. *Asian J. Home Sci.*, **7** (1): 6-9.

• oybean [Glycine max (L.) Merrill] is an environment friendly food legume and is a nutritional power house, packed with 40 per cent protein, 20 per cent oil, carbohydrates, reasonable amounts of minerals, vitamins and number of health promoting compounds and is an economical source of good quality nutrition with many health benefits. A majority of world population suffers from qualitative and quantitative insufficiency of dietary protein and calorie intake. In all such cases, physiological maintenance and growth are impaired, and malnutrition results. In this context soybean can play a very significant role through production of protein energy rich full fat soy flour and fortification of FFSF in different traditional products of Rajasthan. Acceptance of soybean foods in India is increasing but at a slower pace because it is a new introduction to the food baskets of Indian people. In order to accelerate the process of promotion of soy foods, creation of awareness about the economic and health benefits of soy foods, transfer of presently available technology, development of specially new and diversified products and human resources are needed. Regular use of

soybean in daily diet enhances and protects human health and results in longevity – the goal every human wants to achieve. Hence, the food uses of soybean is in the interest of mankind and therefore, should be promoted globally and particularly in India where a majority of its population is vegetarian and suffer from energy protein malnutrition. Food security at the individual, household, national, regional and global level will be achieved when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life. Bajra is the staple cereal of rural people living in Rajasthan. It has low protein content and limited in lysine. The essential amino acids mainly methionine and cystine need for growth are high in bajra. In contrast, soy protein is high in lysine but low in methionine and cystine. Combination of both will produce highly nutritious products. The intake of bajra roti is more popular in villages of Rajasthan. By incorporating full fat soy flour in traditional food products, problem of malnutrition can be cured to some extent. As soybean contains higher amount of protein and fat than bajra