

Acceptability of recipes prepared with rajkeera leaves powder incorporation

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ABSTRACT

Five recipes namely *Poori*, *Kharapara*, *Khari bundi*, *Chakli* and *Shev* were prepared by incorporation of rajkeera leaves powder at 5,10,15 and 20 per cent level. The acceptability was carried out to determine the most accepted level of incorporation. The result showed that the incorporation of rajkeera leaves powder up to 20 per cent in *Poori*, *Kharapara* and *Khari bundi* was highly accepted. However, *Chakli* was very well accepted as 15 per cent incorporation of rajkeera leaves powder. In case of *Shev* preparation 5 per cent was highly accepted.

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INTRODUCTION

Green leafy vegetables are rich in carotenoids iron, calcium, ascorbic acid, riboflavin, folic acid and appreciable amounts of other minerals (Devadas and Saroja, 1980). The leafy vegetables are highly perishable and heavy losses occur due to non availability of sufficient storage, transport and proper processing facilities at the production point (Pande *et al.*, 2000). Preservation of the vegetables can prevent huge wastage as well as make the available in the lean season. Dehydration is one of the best methods of preservation of leafy vegetables.

Rajkeera leaves are rich and inexpensive source of dietary fibre, protein, vitamins and wide range of minerals. Rajkeera leaves are very good source of β - carotene (14,190 ug/100g) and iron (18.4 mg/100g), fibre (2.1 g/100g), calcium (530 mg/100g) and vitamin C (81 mg/100g). These leaves are low in saturated fat and very low in cholesterol. It is also good source of niacin, riboflavin, vitamin B6, foliate and all other minerals (Nutritive value of Indian Foods, 2002). Rajkeera leaves contains higher proportion of insoluble lignin and has low glycemic responses.

Besides its immense nutritional properties it is recommended as a good food with medicinal properties for young children, patients with fever, haemorrhage, anaemia or kidney complaints and eye related diseases (Leo, 2008). It is natural source of antioxidants and can help not to only prevent deterioration of food quality characteristics like aroma, texture, taste, appearance by

being a natural additives but also it helps to scavenge free radicals and oxidant and protect the body against diseases (Frei, 1994).

Rajkeera leaves are nutritious and within the reach but still the consumption are not as it should be. The incorporation of dried rajkeera leaves in various recipes improve the nutritional quality of products and increase the per cent of consumption of rajkeera leaves in the daily diet, subsequently the requirement of iron and vitamin A can be met, if consumed regularly. Thus in the present study an attempt has been made to incorporate different levels utilizing rajkeera leaves powder in preparation of various recipes.

METHODOLOGY

Rajkeera leaves were procured, cleaned, washed, dried in mechanical drier and fine powder was prepared in mixer. Five recipes namely *Poori*, *Kharapara*, *Khari bundi*, *Chakli* and *Shev* were prepared by incorporation of Rajkeera leaves powder at 0, 5, 10, 15 and 20 per cent. All the five products were prepared without (Control) and with different levels of incorporation of rajkeera leaves powder by the traditional methods of preparation (Thangama, 1975). The samples of all variations were served freshly to ten selected panel member for the evaluation of organoleptic characteristics like colour, texture, taste, flavour and overall acceptability to determine the most accepted level of incorporation. The sensory evaluation was carried out following ranking test.