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Preparation of low fat tulsi flavoured yoghurt

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ABSTRACT

The present research work was conducted with the objectives, to find out the feasibility of different herbs in the preparation of herbal yoghurt, to study the effect of tulsi on sensory quality and microbial quality of prepared herbal yoghurt. Yoghurt was prepared from standardized low fat milk and 12% S.N.F with herb tulsi at 0.2, 0.3 and 0.4 percentage and served as T_1 ,T_2 and T_3 , respectively. Product was evaluated for sensory quality, microbial quality, pH and acidity using standard procedure. Sensory evaluation of the prepared yoghurt was carried out using nine point hedonic scales. The data obtained were statistically analyzed using analysis of variance and critical difference techniques. Addition of tulsi with 0.3 percentage resulted in better compactness of the body and closely smooth texture of the yoghurt as compared to the other treatments. It can be concluded from the results obtained that the addition of tulsi paste at 0.2 per cent, 0.3 per cent, 0.4 per cent level improved the taste and flavour, colour and appearance, body and texture and also overall acceptability of herbal yoghurt. There was less number of yeast and mould and no number of coliform counts because of proper maintenance of sanitary condition. It is also due to the anti microbial and anti bacterial properties of herbal paste (tulsi) added in low fat herbal yoghurt.

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Key Words : Yoghurt , S.N.F., Skimmed milk powder, pH, Acidity, Yeast and mould count, Coliform count, Tulsi

INTRODUCTION

Yoghurt is a dairy product obtained by bacterial fermentation of milk. Fermentation of lactose produces lactic acid. Yoghurt is believed to promote good gum health, possibly because of the probiotic effect of lactic acid present in yoghurt (Wikipedia, 2009) It is nutritionally rich in protein, calcium, riboflavin, vitamin B_6, B_{12}, and phosphorus (Moore, 2007). Yoghurt is rich in protein and minerals and it can be drunk by people who are suffering from lactose intolerance. (Peggy, 2008). Yoghurt is a fermented milk product; it is produced by adding a "starter" of active yoghurt containing a mixed culture of *Lactobacillus bulgaricus* and *Streptococcus thermophilus*. (Fankhauser, 2008) The therapeutic significance of tulsi in the management of various airs carcinogenic cells. Tulsi protects from nearly all sorts of infections from viruses, bacteria, fungi and protozoa. Recent studies show that it is also helpful in inhibiting growth of HIV and carcinogenic cells. Eugenol and Cineole present in the essential oils of tulsi, can cure the infections. They also can cure congestion of the lungs. Tulsi helps to cure tuberculosis due to its anti biotic properties. (Healths benifits of basil 2011).

METHODOLOGY

The experimental work was carried out in the research laboratory of Warner School of Food and Dairy Technology, Sam Higginbottom Institute of Agriculture, Technology and Sciences, Allahabad.

Collection of materials:

Milk was procured from Students Training Dairy, SHIATS, Allahabad. Skimmed milk powder was purchased from the local market of Allahabad. Freeze dried culture of *lactobacillus bulgricus* and *Streptococcus thermophillus* were obtained from the Dairy Microbiology Division of N.D.R.I. Karnal (Haryana). Fresh tulsi was purchased from the local market of Allahabad. Plastic cups of 100 ml capacity also purchased from the local market of Allahabad.

Analysis of milk:

- Fat percentage of milk was determined as per procedure given in I.S.I 1224 part I (1977).
- The SNF content of milk was determined as per the procedure laid down by Indian Standard 2311(1973) Hand Book of Food Analysis