

Utilization of finger millets and soy flour in the preparation of papad

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SUMMARY :

A popular wafer like product, papad was prepared by substituting black gram flour with finger millet and soy flour. Papad also known as appalam or papadam, a popular snack item of India, is essentially a thin wafer like product, that is consumed in roasted (dry) or deep fat fried from that resembles thin wafer. It is made into a circular shape with thickness generally varied from 0.3 to 2 mm and is dried by different means to a moisture level of 14–15 per cent. The study was also conducted to determine the chemical composition, texture and flavour of the papads. Five different types of papads were prepared T₀, T₁, T₂, T₃ and T₄ they are T₀ (control papad), T₁ (10% finger millet, 10% soybean, 80% black gram papad), T₂ (15% finger millet, 15% soybean, 70% black gram papad), T₃ (20% finger millet, 20% soybean, 60% black gram papad) and T₄ (25% finger millet, 25% soybean, 50% black gram papad). Sensory evaluation indicated that the overall acceptability scores of Finger millet and soy papad T₂ were highest for fried papad. Nutritional value of T₂ was also noticed to be higher when compared with control sample. The proximate analysis showed that the sample T₂ had moisture content of 10.20 per cent, protein content of 27.12 per cent, fat content of 3.21 per cent, ash content of 1.81 per cent and total carbohydrates content of 57.66 per cent, respectively. The prepared papads were packed in plastic bags. The shelf-life study of prepared papad indicate that papad can be stored up to two months. The study showed that different level of finger millet and soy flour can be incorporated to prepare papads.

KEY WORDS : Papad, Papad khar, Finger millet, Black gram, Proximate analysis

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