



## Study on sensory evaluation of bottle gourd *Kheer*

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### ABSTRACT

In the present investigation the efforts were made to inquire into the superiority of vegetable-based milk product through appraisal of the nutritive advantage and evaluation of the commercial viability of the *hitherto* unexploited dimension of the blend of two highly nutritional food : cow milk and bottle gourd . Bottle gourd *Kheer* was prepared by blending various levels of shredded and pulped bottle gourd (10 ,20 and 30 per cent) with cow milk and studied its effect on the sensory quality. Bottle gourd *Kheer* prepared from 20 per cent pulped bottle gourd and 80 per cent cow milk gave overall superior sensory quality while bottle gourd *Kheer* prepared from 80 per cent cow milk blended with 20 per cent shredded bottle gourd also gave an acceptable sensory quality. Because of medicinal value of bottle gourd it is as value addition in *Kheer* .

**KEY WORDS** : Bottle gourd , *Kheer*, Nutrition, Sensory evaluation

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### INTRODUCTION

Dairying in India is diversified and agriculture based and a stepping stone towards socio-economic progress. The interdependence of dairy and food Industries is known since ancient times. This is due to the fact that no single food provides all the nutrients in the right quantity for good health. The dairy industry in India has made significant and enviable progress during the last three decades. More than 40 per cent of the total milk produced is utilized for making indigenous milk products. All this products are region or custom specific. Still they provide profitable outlet for milk in addition to preservation of precious milk solids for a longer time. They have got significant dietary and nutritional role. Many of them have social and ceremonial connection with society. However, their preparation mostly belongs to the house holds and unorganized sector. Only few of them are commercially exploited, it has been an established fact that the use of improper food perhaps is the root cause of every disease. Considering the growing awareness of consumers toward functional and health

food, dairy / food Industries have commercially exploited the major cereal based milk products *viz.*, *Kheer* and *Payasum* in the various parts of country.

Still, despite good nutritional and medicinal significance, some deep-rooted vegetable based milk delicacies remain confined to the domestic kitchen segment. This has the potential to alleviate the persistent malnutrition and unemployment problem in India. Vegetables have probably more important nutritive and medicinal value than any other group of foods for Indians. Additionally, vegetables add appetizing, colour, texture and flavour to the daily food.

Hence, in this research project, the efforts were made to inquire into the superiority of vegetable-based milk product through appraisal of the nutritive advantage and evaluation of the commercial viability of the *hitherto* unexploited dimension of the blend of two highly nutritional food : cow milk and bottle gourd . Bottle gourd or *lauki* grows well in India. The fruits are large, long with numerous long white seeds. Bottle gourd has great medicinal value eg. useful for relief in urinary disorders. In cooked form, it is diuretic, sedative and antibilious (Acharya Vishwamitra Sharma, 1998). Chemical composition of bottle gourd per 100g edible portion was analyzed and reported by Manay and Shadaksharaswamy (1995) as moisture 96.1g, protein 0.2g, fat 0.1g, minerals 0.5g, fibre 0.6g, carbohydrates 2.5g, energy 12 k.cal, calcium 20mg, phosphorus 10 mg, iron 0.7 mg, thiamine 0.3 mg, riboflavin 0.01mg and niacin 0.2mg.

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