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DEVELOPMENT OF HIGH FIBRE NOODLES THOUGHT INCORPORATION OF VARAGU AND SAMAI

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Abstract

The study on "DEVELOPMENT OF HIGH FIBRE NOODLES THOUGHT INCORPORATION OF VARAGU AND SAMAI" was undertaken to develop new product from varagu and samai to study the consumer acceptability. The noodle was developed by wheat through the incorporation of varagu and samai. Varagu and samai rich in fibre, fibre rich noodles could be prepared by incorporating of locally available varagu and Samai. From the varagu and samai, the fibre rich noodles was made up of different proportions (70:20:20, 70:15:15, 60:10:30, 60:20:20) in 4 samples. The high fibre noodles was dried by the shadow dry and then used for the cooking. The masala was made out of the spices such as coriander powder, chilli powder, cumin powder, aniseed powder, pepper powder. Sensory evaluation was conducted through the 30 panel members. The category rated each sensory attribute such as appearance, color, flavor, texture, and taste using 9point hedonic scale and the overall acceptability was evaluated. The overall acceptability of fibre rich noodles showed that the sample number 4 were highly acceptable among all the category of sample by panel members. The micronutrient was analyzed such as calcium, and the macronutrients was analysed such as protein, carbohydrates, and fibre. It helps to control and to prevent the constipation and reduce the blood cholesterol level. The fibre content of the selected product was 3.20gm which had higher amount of fibre than the standard. The developed noodles were packed in polyethylene bags and it helps to good storage of noodles in very hygienic manner. The noodles were tightly packed and kept in room temperature.

Keywords: Varagu, samai, spices, fibre, shadow drying, polyethylene bags.

Introduction

Noodles are liked by all, especially children and adolescence and it can be easily prepared in our busy life. Incorporation of varagu and samai helps to improve the fibre as well as protein in the noodles (Geetha, 1997). The world noodle derives from the German nodal (noodle) and may be related to the Latin word nodus (knot). In English noodle is a generic term for unleavened dough made from many different types of ingredients and includes a variety of shapes (Molten, 2003). Food scientists are interested in developing new high quality, convenient form of noodles, often developed from traditional formulations and processing methods (Sowbhagya, 2001). Noodles are one of the convenient breakfast foods. Consumed world wide. The main ingredients for making noodles are maida flour, salt, water, baking powder (Gabriel, 2001). Development of high fibre noodles by incorporating varagu and samai. Since it is a rich source of dietary fibre grains in addition contains proteins of high biological value and also as a rich source of B group vitamins and several minerals presence of low levels of fiber in the diet has been reported. to cause non-infectious disease diverticulosis, atherosclerosis and colonic cancer (Pomeran, 1999).

Methodology

The ingredients include varagu and samai were purchased in Ramanathapuram district. It can available at any season, It is nutritional beneficial and inexpensive. The impurities were removed from the ingredients. The noodles

were developed by using wheat, varagu and samai. The samai and varagu was made in to powders. These ingredients were added in different proportions of wheat since varagu and samai (70:20:20, 70:15:15, 60:10:30, 60:20:20) are rich in fibre, protein and carbohydrates. These ingredients are added to enhance the nutritive value of the noodles. So it helps to easily digested. The various proportions were done to know the nutrients present in those proportions and to know which sample is suitable for consume. This data was collected through the sensory evaluation. The sample subjected to be nutrient analysis. The nutrients analyses are carbohydrates, proteins, fibre, calcium, energy. The procedures used for the analysis of the products. After developed product the noodles was packed in high density polyethylene bags. The product is stored at room temperature. They are usually packed in polyethylene bag and have good storage properties, tensile strength is good.

Result and Discussion

The noodles were prepared by samai, varagu flour and wheat. There are made up of four different proportions of wheat, samai and varagu flour. The four different samples having different nutritive value.

The values are given below nutrient content of the standard and incorporated noodles.

Table 1

S. No	Nutrients	Standard	Sample 1	Sample 2	Sample 3	Sample 4
1	Protein	8.1 gm	7.5 gm	8.5 gm	7.5 gm	8.4 gm
2	Calcium	52 mg	15.3 gm	15.2 gm	15.4 gm	16.2 gm
3	Carbohydrates	50.5 mg	70.7 gm	67.8 gm	54 gm	68.3 gm
4	Fibre	0.6 gm	2.7 gm	2.5 gm	2.9 gm	3.20 gm
5	Energy	315 kcal	293.5 kcal	290 kcal	330.2 kcal	332.7 kcal

From the table, sample 4 contain high amount of protein followed by sample 2, calcium content is rich in sample 4. Sample 4 containing high amount calories that the other samples. The standardization of incorporated noodles made out of varagu and samai flour and wheat. After the preparation the noodles undergone the dehydration process. The method of cooking the noodles by steaming and the cooking time taken for noodles was 3 minutes.

The masala was made out of the spices such as coriander powder, chilli powder, turmeric powder, pepper powder, cumin powder, aniseed powder and salt. The amount is given below.

Standardization of the Product

Table 2

S. No	Spices	Weighed Amount
1	Coriander powder	5gm
2	Chilli powder	6gm
3	Turmeric powder	4gm
4	Pepper	5gm
5	Cumin	5gm
6	Aniseed	5gm
7	salt	To taste

The packaging depends on the durability to the product. In this product the packaging contains all the above characteristics. The labeling depends on the informative to the product. In this product labeling also sufficient to this product. So the packaging and labeling of the product is acceptable by the consumers.

Conclusion

The developed noodles rich in fibre, it helps to increase the nutritive value in the noodles. Today, the people preferred easy to cook and goods to eat. In this case, developed fibre rich noodles help to get good nutritive value as well as easy to prepare and to meet the sufficient nutrients in their diet.

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