

DEVELOPMENT AND STANDARDISATION OF FORMULATED BAKED PRODUCTS USING MILLETS

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ABSTRACT

Milletts are major food sources for millions of people, especially those who live in hot and dry areas of the world. There are many varieties of millets. Millets are unique among the cereals because of their richness in calcium, dietary fibre, polyphenols and protein. It is a gluten-free cereal grain, an excellent source for people suffering from celiac diseases and also rich in phytochemical which helps to lower cholesterol level and reduced cancer risk due to its phytate content. The major millets were procured from the local market. The present study was to develop and popularize bakery products using millets. The millets were cleaned, dried under the sun, milled into flour. Popular bakery products such as biscuits, cakes and cookies were developed using foxtail millet, finger millet, proso millet and pearl millet added with wheat flour in the ratios of 10:90, 20:80 and 30:70 for both biscuit and cake, whereas for cookies, the above flours were used in the ratios of 15:85, 20:80 and 25:75, respectively. Sensory evaluation indicated that the combinations of all the three levels were well acceptable for the three products. Results suggested that all types of major millet flours can successfully be incorporated for the development of various bakery products to benefit consumers and the importance of using millets could be instilled by introducing them in government food programmes like the mid day meal scheme and they could be included to enhance food security.

KEYWORDS: Millet, Rain-Fed Crops