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Development and quality evaluation of multi millet cookies

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Statement of the Problem: Standardization of cookies from multi millet grains. Millet is one of the oldest foods known to mankind and possibly the first cereal grain used for domestic purposes. Today millet ranks as the sixth most important grain in the world, sustains 1/3 of the world's population. India is the largest producer of many kinds of millets, which includes sorghum (*Sorghum vulgare*), pearl millet (*Pennisetum americanum*), finger millet (*Eleusine coracana*), and other small millets like little millet, foxtail millet, Kodo millet, proso millet and barnyard millet. India accounts for 40% of global millet production. Millet grain is highly nutritious with good quality protein, rich in minerals, dietary fiber, phyto-chemicals and vitamins. Small millets have potential benefits to mitigate or delay the onset of complications associated with diabetes. Millets, being high fiber foods contribute to well-being in various ways by reducing the risk of cardiovascular diseases, constipation, diabetes mellitus and cancer. They are also valued for natural antioxidants and minerals and are gaining importance as complete nutrient source.

Methodology & Theoretical Orientation: The present study focuses on standardizing cookies incorporated with four different millet flour viz., Kodo millet, little millet, foxtail millet and finger millets with wheat flour at different levels (20 - 80 percent) and organoleptically evaluated using nine point hedonic scale.

Findings: The cookies prepared from wheat flour, Kodo, little, foxtail and finger millet flours at each 20 per cent level were highly acceptable. Moisture, carbohydrate, protein, fat, fiber, calcium and iron content of the standardized cookies were found to be 2.99%, 61.55 g, 5.88 g, 28.22 g, 0.44 g, 51.22 mg and 4.65 mg/100 g, respectively.

Conclusion & Significance: Hence, millet is an amazing grain offering great opportunities for diversified utilization and value addition.

Biography

Malathi D, PhD, is specialized in the field of Food Science and Nutrition and has thirty five years of experience in teaching, research and extension. She is expert in various processing techniques and value added products from different food crops. She is involved in popularizing the developed technologies through demonstrations, radio talks, etc., that created awareness about the preservation, processing and therapeutic values. She has attended 13 national and 4 international training programs. She is conducting training programs on fruits and vegetables preservation, development of therapeutic bakery products, confectionery products and instant food mixes to farmers, industrial persons, entrepreneurs and general public. She has worked in 12 national and 4 international research projects and published 36 international and 75 national research papers.

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