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Idly dosa batter - Indian fermented food – local innovation with global perspective

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Diverse culture of India brings out the best in the diverse ethnic cuisine of healthy fermented foods like Idly, Dosa, Dahi, Gundruk, Sinki, Nan, Kulcha, Bhatura, Dhokla, Lassi, Chenna, Handva etc. Idly dosa batter preparation process includes five major steps – Soaking (of ingredients like rice, black gram, millets etc.), Decanting (excess water), Grinding, Natural Fermentation, Packing and Storage (at 4-8°C). The science behind various physico-chemical property of idly dosa batter viz. bulk density, percent volume rise, pH, titrable acidity & fermentation time etc, is quite delicate. Processed packaged food even with natural ingredients is not considered as a fresh and healthy product. Fermentation is known to improve nutrition, palatability and digestibility. It suppresses food borne pathogens. Rishta Idli Dosa Batter from India is marching ahead on all these aspects. Our challenge becomes multifold when we work in super-tasty low-shelf-life fresh food product segment like Nutritious Packaged Idli Dosa Batter which requires cold chain in tropical climate. Being an affordable staple south Indian food, it's an ideal vehicle to alleviate rural and urban malnutrition as well as improves digestion and mental well-being.

Biography

Arnab Guha has done B.A.Sc. in Food Technology from Bhaskaracharya College of Applied Sciences, Delhi University & M.Sc. Food Science & Technology from CCS Haryana Agricultural University, Hisar. He is the Director of I IPL, a startup which provides techno-commercial life-sciences consulting services to food industry & agriculture. He is principal inventor in 5 applied patents. Before starting his entrepreneurial journey in Feb-2016, he had worked in Heinz, Britannia & Novozymes for ~10 years in domains like R&D, Technology transfer & Production. Earlier, he had undergone training for brief stints in Nestle, Coca Cola, Unilever (Kwality Walls) & Heinz.

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