



Studies on preparation, formulation and evaluation of ragi burfi incorporated with Gardencress seed

Ranjeet Chunilal Kokani¹, Aparna Namdev Padwal²

¹ Principal, College of Food Technology, Saralgaon Tq. Murbad Thane, Affiliated To Dr. BSKKV Dapoli, Maharashtra, India

² Student, College of Food Technology, Saralgaon Tq. Murbad Thane, Affiliated To Dr. BSKKV Dapoli, Maharashtra, India

Abstract

Study of preparation of Gardencress seed incorporated Ragi Burfi was successfully done and evaluates Gardencress seed incorporated Ragi Burfi quality, proximate analysis. The aim preparation and Formulation of Ragi burfi incorporate with Gardencress seed as a nutritional point of view and to provide convenience to the consumer in that we used ingredient like Ragi flour, coconut, Jaggery, ghee, Gardencress seed, and Cardamom powder. Ragi flour, coconut and Gardencress seed are roast in pan. Then mixing coconut, Ragi flour, Gardencress seed and add Jaggery and ghee. Then once syrup sticky consistency add Cardamom powder and transfer this mixture to a greased pan. Cooled and cut in desired shape. Then Burfi is stored in LDPE pouches at room temperature. Nutritional value of Gardencress incorporated Ragi Burfi was Moisture content ($16.55 \pm 0.22\%$), Ash ($4.14 \pm 0.2\%$), Fat ($16.40 \pm 0.19\%$), Protein ($8.48 \pm 0.59\%$) and carbohydrate ($59.01 \pm 0.13\%$) were best among all the levels basil incorporated beetroot jam prepared recorded highest score in all the quality attributes. Energy value of prepared Gardencress seed incorporated burfi was (417.56 Kcal.). It was concluded that the Gardencress seed incorporated Ragi Burfi can be store for 24 days in low density polyethylene pouches at room temperature.

Keywords: ragi, gardencress seed, proximate analysis, sensory evaluation, storage

Introduction

Burfi is one of the most popular khoa based sweet, prepared from cow or buffalo milk Burfi is prepared by heating the mixture of khoa and sugar to a near homogenous consistency followed by cooling and cutting in small cuboids (chetana et.al2010) [21]. It basically has mild caramelized flavor. Its colour may vary from light off weight, creamy to light brown. Good quality characterized by moderately sweet taste, soft and slightly greasy body and smooth texture with very fine grains. Due to unique adaptability of khoa in terms of its flavor,body and texture to blend with wide variety of food, various forms of burfi are available with different additives depending on regional preference viz. plain, mawa, rawa, fig, coconut, chocolate, etc. (Golande et al., 2012; Kamble et al., 2010) [11]. The unique adaptability of khoa in terms of its flavour, body and texture to blend with a wide range of food adjust had permitted development of an impressive array of Burfi varieties. In India for all the classes of people the fruits like papaya, orange, pineapple, fig, Muskmelon, guava etc. are popular and regular consumed fruits. The manufacture of value added products like filled dairy products could be a better alternative. From the nutritional point of view Muskmelon fruit is a good source of sugar and various vitamins like A and C it also contains calcium, phosphorus, iron, potassium. Now-a-day local producers are using orange, mango, coconut, etc. in preparation of Burfi. In present study the Ragi and Gardencress seed used for the Burfi Gardencress (*Lepidium sativum* Linn.) is an annual herbaceous edible plant and a member of the (Cruciferae Brassicaceae) family that is botanically related to mustard and watercress. It is commonly known as “Aliv” in Marathi, “Halim” in Hindi “Haliv”, “ land cress”, Asalio”, “Chandrasur” in India. Gardencress seed is categorized

under nuts and oil seeds by ICMR. It is cultivated in India, North America and parts of Europe and used as culinary vegetable all over Asia (Yareshimi and Hiremath, 2017).

Gardencress is also known as pepper cress, pepper grass or pepperwort. Cress tastes somewhat like radishes. There are both smooth and curled leaf varieties. Gardencress is a reseeding annual plant that drops its seed back into the soil and lays dormant until the following year. Cress can be grown in full sun to partial shade. Its seeds are light-germinating, usually sprouting within 2 to 4 days. It has long leaves at the bottom of the stem and small, bright-green, feathery leaves on opposite sides at the top.

It is a polymorphous species originated primarily in the highland region of Ethiopia and Eritrea. Garden cress (GC) or pepper cress is a fast-growing edible plant. Seeds, leaves and roots of Garden Cress are of economic importance; however, the crop is mainly cultivated for seeds. It is an important medicinal crop in India (Tiwari and Kulmi, 2004). Cress is widely cultivated in temperate climates throughout the world for various culinary and medicinal uses. This plant is a native of Mediterranean region. Now, it is being cultivated throughout India very likely indigenous in West Asia. In India, it is mainly cultivated in U.P., Rajasthan, Gujarat, Maharashtra, and Madhya Pradesh (Gokavi et al., 2004) [7]. Gardencress is suitable for cultivation in very moist soil or even under water and thrives in a slightly alkaline environment. Cress can actually be grown without any soil, by using moist paper towels or wet cotton balls. Cress is an important leafy green vegetable, most typically used as a garnish or as salad greens. Both the leaves and stems of young cress sprouts can be eaten.

Gardencress is one such food stuff that abounds not only in nutrients but also in health enhancing phytochemicals (Wealth of India, 1962).This has been the reason why

tradition, folklore and indigenous medicine, all advocated garden cress for finding succor from one or the other ailment (Agarwal and Sharma, 2013) [18].

Nutritionally the seeds comprise (25 %) of protein, (33 to 54%) of carbohydrates, (14 to 24%) of lipids, and (8%) of crude fiber. The major fatty acid present in garden cress is alpha-linolenic acid (34.0%) and also contains monounsaturated fatty acids (37.6%), polyunsaturated fatty acids (46.8%) and antioxidants such as tocopherols and carotenoids. Seeds are also excellent source of minerals like zinc, phosphorous and calcium. Garden cress seeds are claimed to possess various pharminochemical properties like galactogue and antioxidants and has a tremendous potential to be developed as a functional food. Also, it's cheaper availability and high nutrient density makes it suitable to the weaker sections of society to include in their diets (Kaur and Sharma, 2016).

The seeds contain alkaloids (Sinapine, Choline ester of Sinapic acid) (0.19%), Glucoside (glucotropaeolin) (5%), Mucilage matter (0.8%) Cellulose (18.3%), Yellowish oil (25.3 g) (Palmitic, stearic, Arachidonic, Oleic and Linoleic acid). Cress seeds also contain (25.5%) yellowish oil with Palmitic acid (1.27%), Stearic acid (6.01%), Arachidonic acid (1.54%), Behenic (1.73%), Lingoceric (0.20%), Oleic (61.25%), Linoleic (28%). It is the highest iron containing plant source ever known with better bioavailability (Sarkar *et al.*, 2014). The most potent isothiocyanates are benzy isothiocyanate (BITC) which is present in ample quantity in garden cress. Isothiocyanates are most important biochemical agents from the human health point of view as they are the major inducers of carcinogen-detoxifying enzyme (Singh *et al.*, 2015). Its bran has high water holding capacity and dietary fibre (74.3%). The swelling property of husk is mainly because of mucilaginous matter present in it. The mucilage consists of a mixture of cellulose (18.3%) and uronic acid containing polysaccharide (Sharma and Agarwal, 2011) [30]

Gardencress seed have been used in traditional medicine since ancient times in India. It is galactogue, bitter, thermogenic, depurative, rubefacient, aphrodisiac, ophthalmic, antiscorbutic, antihistaminic, diuretic and act as tonic. Various diseases like asthma, coughs with expectoration, diarrhea, dysentery, poultices for sprains, leprosy, skin disease, splenomegaly, dyspepsia, lumbago, leucorrhoea, scurvy and seminal weakness can be treated using garden cress seed. It is supplemented in the diet of lactating women to increase the milk secretion during post-natal period and also recommended for the treatment of diarrhea and dysentery. Seeds of garden cress are prescribed by Ayurvedic practitioners for the treatment of bronchial asthmatic patients and rapid bone fracture healing (Singh *et al.*, 2015). Ragi is common name of finger Millet (*Eleusine coracana* L.) in India. It is cultivated broadly in major parts of India and Africa. Finger Millet is a subtropical and tropical grain which can withstand in drought and high temperature environment. Finger Millet is used as poor man's crop due to its elongated sustainable strength as it could be kept securely for a number of years devoid of any insect and pest infestation. (Rathore *et al.* 2019) [24]. It is belongs to *Poaceae* family. Ragi or Finger Millet has a polygonal rhombic shape. It is small in size varying diameter from 1-2 mm. Finger Millet have a deep brown to shades ranging from red to almost black. (Shobana *et al.* 2013).

Finger Millet is one of the rich sources of nutrient compared to other cereal crop. It contain moisture content about (12%), Dietary fiber(18%), Protein (9.8%), Carbohydrate (81.5%), Starch (65-75%), Fat (1-1.7%), Minerals (2.7%), and Crude fiber (4.3%) that equivalent to other millets and cereals. It is also rich source of Calcium (344 mg), Phosphorous (2283 mg), Iron (3.9 g) Vitamin B and Vitamin E and other Micronutrient. It contains Anti-nutritional factor such as Tannins (0.04-3.47%), Phytate (0.48%), Oxalate (0.36%) and Polyphenols (Rathore *et al.* 2019) [24]. Finger millet also known as ragi, nachani, or nagli, is one of the important millets in India. Finger millet is extensively grown on hilly areas and southern part of India and is widely consumed in the form in the dumping by vast section of people. Finger millet serves as a staple food for the large number of people in Kokanregion. Who consumed it in the form of leavened bread and soup locally called as the ambil and papad? Among the urban areas there is a problem of malnutrition such as obesity, heart diseases and diabetes mellitus are ever increasing for which ragi can be better suited staple cereal grain than any of the refined cereals such as rice or wheat. Ragi is nutritionally comparable to rice or wheat and also very useful for preparation of low cost diet and ready to eat nutritious food product like ragi malt puff, dumping, bhakri, ragi, halwa, bread biscuits and cookies. Hence finger millet offers many opportunities for utilization in diversified product due to its abundant production cost effectiveness and better nutritional qualities. The grain is variable in shape, size, and colour. It may be elliptical, oblongate, hexagonal or globular in shape and grayish white or red in colour. The physical properties of finger millet like those of other grains and seeds, are essential for the design of equipment for seed handling, processing and storing the grain. they affect the conveying characteristics of solid materials by air or water and cooling and Gardencress (*Lepidium sativum* Linn.) is an annual herbaceous edible plant and a member of the *Cruciferae* (*Brassicaceae*) family that is botanically related to mustard and watercress. It is commonly known as "Aliv" in Marathi, "Halim" in Hindi "Haliv", "land cress", "Asalio", "Chandrasur" in India. Gardencress seed is categorized under nuts and oil seeds by ICMR. It is cultivated in India, North America and parts of Europe and used as culinary vegetable all over Asia (Yareshimi and Hiremath, 2017). Coconut belongs to the family of palmae and its botanical name is *Cocos nucifera*. Coconuts having a significant role in human diet due to the presence of important physiologically functional components. The fatty acids present in coconut have increasing health beneficial functions. Natural coconut fat in the diet helps in improving anti-inflammatory response of the immune system. It also normalizes body lipids and protects the liver against alcohol damage (Anon 2001) [2]. Coconut is a rich source of edible oil and a good amount of it is extracted for use has a frying medium. Coconut is also used in the preparation of chutneys, curries, etc. and also used as shredded coconut, coconut milk, coconut jam, (high/low fat), coconut syrup, coconut honey, sweetened condensed coconut milk, etc. The Philippines ranks first in the production of coconut, followed by Indonesia and India. India accounts for 22.3% of world production (Anon 2000) [2]. In day to day diet, coconut finds extensive application in the preparation of bakery products and many traditional Indian sweets (Satyanarayanarao *et al.* 1990).

Materials and Methods

Procurement of Raw Material

Raw materials required during present investigation were procured from local market of Saralgaon such as Ragi flour, coconut, Jaggery, garden cress seed, cardamom powder, ghee etc. Most of the chemicals and equipments used in this investigation were of analytical grade which are obtained from College of Food Technology Saralgaon, Thane

Physical Properties of Burfi

The colour and shape of Burfi was determined by visual observations, the length, breadth and width of Burfi was measured by vernier caliper. Total Soluble solids determined by using hand refractometer. The weight of Burfi was measured on analytical weighing balance.

Chemical Properties of Burfi

Proximate composition such as moisture, ash, crude fat, crude protein and crude fibre of all the Ingredients and Crackers was determined according to the procedures given in AOAC (2000). For moisture determination samples were dried in oven at 105 °C for 4 hrs. For ash determination samples were placed in muffle furnace at 600 °C to burn out all carbon compounds leaving in organic part (ash). Fat was determined by fat extraction unit by using Hexane. For fibre determination, samples were treated with 1.25% Sulphuric acid and Sodium Hydroxide solution. After filtration of digested material it was washed with hot water and then ignited. By calculating loss of weight after ignition, crude fibre contents were determined. Protein contents were determined by using Kjeldahl’s unit.

Sensory Evaluation of Burfi

Prepared product were evaluated for sensory characteristics in terms of appearance, color, flavor, after taste, texture and overall acceptability by 10 semi-trained panel members comprised of academic staff members using 9- point Hedonic scale. Judgments were made through rating the product on a 9 point Hedonic scale with corresponding descriptive terms ranging from 9 ‘like extremely’ to 1 ‘dislike extremely’. The obtained results were recorded in sensory score card.

Formulation of Burfi

Burfi prepared with incorporation varying levels of Muskmelon, Khoa and Stevia were investigated. The formulation viz., 00:95:05, 50:45:05, 60:35:05 and 70:25:05 percent T0, T1, T2 and T3 respectively. Sample T2 of Muskmelon Burfi was organoleptically acceptable and used for further study. Stevia were used at 5g percent in each formulation of Burfi.

Statistical analysis

The analysis of variance of the data obtained was done by using Completely Randomized Design (CRD) for different treatments as per the method given by Panse and Sukhatme (1967). The analysis of variance revealed at significance of P<0.05 level S.E. and C.D. at 5per cent level is mentioned wherever required.

Formulation of Burfi

Ragi burfi prepared with incorporation varying levels of Ragi flour, coconut, ghee, and Jaggery was investigated. The formulation was made by varying levels of Ragi,

coconut, ghee, Jaggery viz., 00:30:30:30,20:30:20:20, 30:20:20:20, 40:10:20:20 percent respectively and data given are illustrated in Table

Formulation for preparation of Burfi incorporated garden cress seed

Table 1

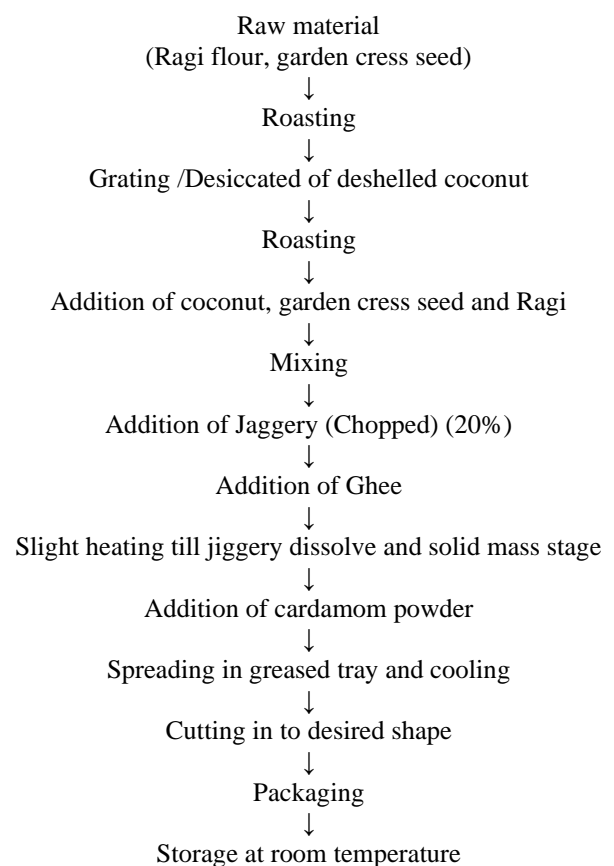
Ingredients	Treatments			
	T0	T1	T2	T3
Ragi Flour	00	20g	30g	40g
Coconut (desiccated)	30g	30g	20g	10g
Ghee	30g	20g	20g	20g
Jaggery	30g	20g	20g	20g
Gardencress Seed	05g	05g	05g	05g
Cardamom powder	05g	05g	05g	05g

Where,

Sample T2 of Gardencress seed incorporated burfi was organoleptically acceptable and used for further study.

Process

Flow sheet for Preparation of Ragi Burfi incorporated with Gardencress seed



Result and Discussion

Physical Properties of Ragi Burfi

Table 2

Parameter	Observation
Colour	Dark Brown
Thickness	1cm
Size	5.5×5.5cm
Shape	Square
Wt. of product	25g

Colour of Ragi Burfi incorporated with Garden cress seed was Dark brown which was determined by visual Observation. The shape was Square with Thickness 1cm and Size 5.5×5.5 cm. The weight of 1 piece Ragi Burfi incorporated with Garden cress seed was 25 gm respectively.

Chemical Properties of Ragi Burfi

Table 3

Parameter	Observation
Ash	4.14±0.2%
Moisture	16.55±0.22%
Fat	16.40±0.19%
Protein	8.48±0.59%
Carbohydrate	59.01±0.13%
Energy	417.56kcal

It concludes that proximate composition of Ragi Burfi incorporated with Garden cress seed were found to be Ash content 4.14±0.2 %, Moisture content 16.55±0.22%. Fat content 16.40±0.19%, Protein content 8.48±0.59%, Carbohydrate content 59.01±0.13 and Energy value 417.56 Kcal respectively. It concluded that Ragi Burfi incorporated with Garden cress seed rich in nutritional composition.

Sensory Evaluation of Ragi Burfi

Table 4

Sample→ Parameter↓	T0	T1	T2	T3
Colour	08	08	08	07
Flavour	07	07	7.5	06
Taste	6.5	6.5	07	07
Texture	7.5	07	7.5	07
Appearance	7.5	08	08	7.5
Overall acceptance	08	07	8.5	07

Sensory evaluation of sample carried out by using 9 point Hedonic Scale. Prepared various formulations of Ragi Burfi concludes that sample T2 has highest score as compare to the other samples. The colour of T2 sample as per graph is 8 point while samples T0 (08), T1 (08), T3 (07). The flavor of sample T2 was acceptable with 7.5 while samples T0 (07), T1 (07), T3 (06). The taste of sample T2 was selected by 07 points while other sample are T0 (6.5), T1 (6.5), T3 (07). The texture of sample T2 was selected by 7.5 points while other samples points are T0 (7.5), T1 (07), T3 (07). The appearance of sample T2 was selected is 8 while other samples points are T0 (7.5), T1 (08), T3 (7.5). The overall acceptability of sample T2 was selected by 8.5 points while other samples points are T0 (08), T1 (07), T3 (07).

Conclusion

It may concluded that this superior quality of Ragi burfi incorporated with garden cress seed can be prepared by addition of 30% of Ragi flour, 20% of coconut 20% Jaggery, 20% ghee, 5%Garden cress seed and 5% of cardamom powder as the overall acceptance for treatment combination T2 was highest in all the parameters as compared to T1 and T3. The product can satisfy the consumer in accepts and quality.

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