



## Evaluation of Sensory Characteristics of Foxtail Millet Based Ladoo

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### ABSTRACT

Millets are small seeded annual coarse cereal grown throughout the world. They are nutritionally comparable or even superior to staple cereal such as rice and wheat. Millets are rich in vitamins and minerals sulphur containing amino acids and phytochemicals and hence are termed as 'nutri-cereals'. They have higher proportions and non-starchy polysaccharides and dietary fibre. Millets have great potential for being utilized in different food systems by virtue of their nutritional quality and economic importance. There is a wide scope of their exploitation in different food products including bakery products and extruded food stuffs.

### KEYWORDS :

#### Introduction

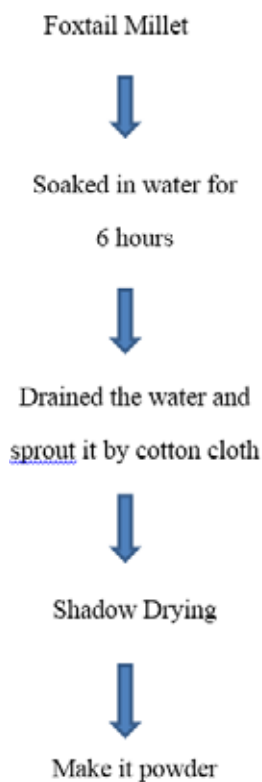
The Millets are a group of highly variable small seeded grasses, widely grown around the world as cereal crop or grain for both human food and fodder. They do not form a toxic group<sup>1</sup>. Millets have been important food staples in human history, particularly in Asia and Africa, they have been cultivated in East Asia for the last 10 thousand years<sup>2</sup>. Millets are traditionally important grains used in brewing millet beer in some cultures, for instance by the tao people of orchid Island and in Taiwan. Various people in East Africa brew a drink from millet or sorghum known as "ajono", a traditional brew of the Teso. The fermented millet is prepared in a large pot with hot water and people share the drink by sipping it through straws<sup>3</sup>. Dietary fibre which is present as soluble and insoluble forms is proved to play an important role in the management of metabolic disorders like diabetes mellitus, hyperlipidemia, improve bowel motility and in turn reduce the incidence of colon cancer. Millets in general are rich in dietary fibre content (9 to 15%). It was reported that little millet recorded a highest proportion of soluble fibre of 5.7 percent, followed by Proso and Foxtail millet were shown to contain the lowest proportion of soluble fractions of dietary fibre (4.4 and 3.4 % respectively)<sup>4</sup>.

The present study aimed to formulate foxtail millet based Ladoo and bakery products, to evaluate its nutritional and its sensory qualities.

#### Materials and Method

Foxtail millet in powdered form for this study.

Foxtail Millets were collected from the local stores in Nagercoil, Kanyakumari District, Tamilnadu. The foxtail millets were cleaned to remove dust. Then soaked in water and discarded the water then allowed it for germination. After germination the foxtail millet is dried in a dark place (absence of sunlight) after that germinated foxtail millet is powdered and used for studies. Flow chart is given below for making sprouted foxtail millet flour.



#### Preparation of Foxtail Millet based Ladoo

##### Ingredients :

Foxtail millet (powdered)-250 g  
Milkmaid (sweetened condensed milk)-100 ml  
Jaggery - 75 g

##### Preparation Method:

- Mix the sweetened condensed milk with the powdered foxtail millet.
- Melt the Jaggery and mix with mixture.
- And make it balls.
- Then serve it.

### 3.SensoryQuality

Foxtail millet based products were evaluate for their sensory attributes by a panel of 25 untrained members using hedonic rating scale (srilakshmi,2010).Sensory characteristics of developed ffoxtail millet based product.

#### Estimation of Nutrient Composition:

The nutrient analysis will be conduct to estimate the nutrient content of the prepared product, Carbohydrate, protein ,Fat,Fibre the following nutrients will be studied.

#### Estimation of Shelf life of the prepared foxtail millet based product by microbial analysis:

The product quantity will be estimate by standard microbial assessments. The cereal dilution technique will be absorbed from this study. The bacteria and Fungi count , will be studied.

#### Results and discussion

The result for sensory acceptability of the prepared foxtail millet based product is given in this topic .

## REFERENCES

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