Studies on Sensory Properties of Dahi Blended with Biofortified Bajra Flour

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Abstract

In the present study dahi was prepared by using buffalo milk. While preparing dahi milk solids were replaced with biofortified bajra flour. Dahi was prepared from buffalo milk by blending of bajra flour at 2, 4, 6 and 8 parts. The product obtained was subjected for organoleptic evaluation by panel of semi trained judges. It was observed that the colour and appearance score of dahi for treatment T₁, T₂, T₃, T₄ and T₅ was 9.00, 8.38, 7.88, 7.13 and 6.63, respectively. Flavour score was 9.00, 8.75, 7.88, 7.00 and 6.00, respectively. Body and texture was 6.25, 6.75, 7.25 and 7.88, respectively. The overall acceptability scores for dahi 9.00, 8.75, 7.88, 7.00 and 6.00, respectively for T₁, T₂, T₃, T₄ and T₅. It was clear that as the level of flour increased in the blend the overall acceptability decreased.

Keywords
Dahi, Flour, Sensory, Buffalo milk

Introduction

Cereals and millets are superior in nutritional quality compared to other fermentable substrates, because these plentiful resources contain some of the necessary minerals, vitamins, sterols, growth factors and dietary fibre, thereby fulfilling the essential nutrient needs of mankind (Chavan and Kadam, 1989). Millets are rich in antioxidants much higher than other major cereal crops so they are used as nutraceuticals (Balasubramanian, 2013). Millets are major food component in various traditional foods and drinks such as bread and porridges, and is also a major source of proteins and carbohydrate, as well as other essential phytonutrients (Habiyaremye et al., 2017).

Fermented foods are of great significance since they provide and preserve vast quantities of nutritious foods in a wide diversity of flavor, aroma, and texture which enrich the human diet. The microorganisms involved in Dahi fermentation include Streptococcus thermophilus, S. lactis, S. cremoris, Lactobacillus bulgaricus, L. acidophiuls, L. plantarum and lactose fermenting yeasts. When culture is undefined and kept in unhygienic condition it contains
mixture of various desirable and undesirable strains of bacteria.

The fermented milk-cereal based products are extremely popular in Indian subcontinent and most of the African countries. Cereal-based dairy products are popular or famous across the country and occupy a valued place in the Indian diet, not only for their taste and eating pleasure also due to their high nutritional quality. Some of the fermented foods prepared by incorporating milk-solids are Kindimu (Central African region), Ben-Saalga and Ogi (Nigeria), Rabadi, Dahi-vada, Curd rice (India), Trahanas (Greece), Kishk (Egypt) (Singh, 2007). Pearl millet is rich in resistant starch, insoluble and soluble dietetic fibers, antioxidants and minerals. It contains about 13.6 per cent crude protein, 63.2 per cent starch, 2.1 per cent ash, 2.8 per cent crude fiber, 7.8 per cent crude fat and 92.5 per cent dry matter (Ali and Abdalla, 2003). Pearl millet grains contain 0.38mg of thiamine, 0.21 mg riboflavin, and 2.8 mg of niacin (Hulse et al., 1980). Bajra grains contain minerals like iron, phosphorus, magnesium, and calcium in containing appreciable amounts (Burton et al., 1992).

Iron in animal and human nutrition is an important trace element. Iron is active in the cytochrome structures and with other enzymes. It is also a heme component in haemoglobin and myoglobin, in which it plays a significant role in the transport, storage and usage of oxygen (McLean et al., 2007). Micronutrient malnutrition, particularly vitamin A, iron and zinc-related malnutrition, has recently reported to be a most prevalent food-related health problem globally Mason and Garcia 1993). The fortification of milk and dairy products with iron and zinc is considered a possible solution to avoid iron and zinc deficiency disease. Hybrid variety AHB 1200 variety of bajra contains 88 ppm iron while others contain average 40 ppm of iron it also contains 43 ppm zinc. As milk is deficient in Iron, it was decided to add flour of AHB 1200 biofortified bajra during dahi preparation. Use of bajra flour in preparation of cereal based traditional dairy products like dahi would not only improve the product quality but also provide essential mineral like iron, which will be used to feed children, adolescence girls, and pregnant women suffering from anemia. So present study is proposed with the process for the preparation of buffalo milk.

Materials and Methods

Preparation of dahi

During this study flour of iron rich variety of bajra (AHB 1200) and buffalo milk from buffalo unit Dept of AHDS will be utilized for preparation of dahi independently. Milk was Standardize to 6 per cent fat by using Pearson’s square formula. The treatment details will be as below

**Treatment combinations**

| Treatment | Description |
|-----------|-------------|
| T₁ | 100 Parts of milk |
| T₂ | 98.00 Parts of milk + 2 Parts of Bajra flour |
| T₃ | 96.00 Parts of milk + 4 Parts of Bajra flour |
| T₄ | 94.00 Parts of milk + 6 Parts of Bajra flour |
| T₅ | 92.00 Parts of milk + 8 Parts of Bajra flour |

Preparation of Dahi

First the composite buffalo milk was filtered and standardized to 6 per cent fat. It was pasteurized at 80 °C for 10 minutes. Bajra flour was added slowly during heating at 70° C. Milk was cooled down to room temperature. Active dahi starter culture (ncdc-167) was inoculated under aseptic conditions.
at the rate of 1.5 per cent and mixed thoroughly. The inoculated milk was incubated at 37°C temperature for 12 hrs and dahi was obtained.

**Results and Discussion**

**Sensory evaluation of Dahi**

The experimental Dahi samples were served to a panel of semi trained judges for sensory evaluation such as, colour and appearance, flavour, body and texture and overall acceptability using “9 point hedonic scale”. The numerical score given by judges for individual attribute was computed to obtain mean and these means were subjected to statistical analysis. The data was analyzed statistically by using Completely Randomized Design (CRD) as per Panse and Sukhatme (1985). Results obtained are shown in table 1.

It is noticed from table 1 that the body and texture score for dahi ranged from 8.0 to 9.0. Body and texture score for treatment T₁, T₂, T₃, T₄ and T₅ was 9.00, 8.75, 8.37, 8.13 and 8.00, respectively. The highest score was recorded for treatment T₁ (9.00) prepared entirely from buffalo milk and lowest score (8.0) was obtained for dahi prepared from buffalo milk added with 8 parts (T₅) of bajra flour. It is also noticed from above table that body and texture decreased with increase in concentration of bajra flour which might be due to increase in viscosity because of higher fibre content in bajra flour. Swarnima et al., (2017) and Dhumal (2017).

It is observed from table 1 that the colour and appearance score for dahi ranged from 9.00 to 6.63. Colour and appearance score for treatment T₁, T₂, T₃, T₄ and T₅ was 9.00, 8.38, 7.88, 7.13 and 6.63, respectively. The highest score was recorded for treatment T₁ (9.00) prepared entirely from buffalo milk and lowest score (6.63) was obtained for dahi prepared from buffalo milk added with 8 parts (T₅) of bajra flour. The score of dahi decreased with increase in concentration of bajra flour. All treatments were significantly different from each other and this might be due to dull colour of bajra flour added to milk. Results were comparable with the findings of Padghan et al., (2018) and Syama (2014).

**Table 1** Effect of addition of different levels of bajra flour on Overall acceptability score for dahi

| Treatment | Body and Texture | Colour and Appearance | Flavour | Overall Acceptability |
|-----------|------------------|-----------------------|---------|-----------------------|
| T₁        | 9.00ᵃ             | 9.00ᵃ                 | 9.00ᵃ   | 9.00ᵃ                 |
| T₂        | 8.75ᵇ             | 8.38ᵇ                 | 8.75ᵃ   | 8.71ᵃ                 |
| T₃        | 8.50ᶜ             | 7.88ᶜ                 | 7.88ᵇ   | 7.79ᵇᵇ                |
| T₄        | 8.13ᵈ             | 7.13ᵈ                 | 7.00ᶜ   | 7.21ᵇᶜ                |
| T₅        | 8.00ᵉ             | 6.63ᵉ                 | 6.00ᵈ   | 6.54ᶜ                 |
| SE +      | 0.085             | 0.11                  | 0.085   | 0.032                 |
| C.D. at 5%| 0.025             | 0.33                  | 0.025   | 1.02                  |
Flow chart for preparation of *dahi lassi*

Buffalo milk (6 % Fat)

Heating (80°C/10 min)

Addition of Bajra flour at 70°C (as per treatment)

Heating

Cooling (37°C)

Addition of culture NCDC 167 @ 1.5 %

Incubation (37°C for 12 hour)

*Dahi*

Storage (7°C)

It is noticed that the flavor score for *dahi* ranged from 9.0 to 6.0. Flavour score for treatment T₁, T₂, T₃, T₄ and T₅ was 9.00, 8.75, 7.88, 7.00 and 6.00, respectively. The highest score was recorded for treatment T₁ (9.00) prepared entirely from buffalo milk while lowest score was recorded for treatment T₅ (6.00) prepared by replacing 8 parts of buffalo milk with bajra flour. The flavor score of *dahi* declined with increase in concentration of bajra flour. T₁ and T₂ were at par while other treatments were significantly different from each other and this might be due to floury flavor of bajra flour which is added to milk. Results were comparable with the findings of Sultana *et al.*, (2006) noticed that overall acceptability of *dahi* decreased with increased in concentration of soya solids. Syama (2014) observed overall acceptability score of *dahi* decreased from 20.66 to 19.51 with increase in flour incorporation from 1 per cent to 3 per cent.

From present investigation it can be concluded that the bajra flour can be very well utilized for preparation of palatable, nutritional fermented dairy products. Although Overall acceptability of *dahi* decreased from 9.00 to 6.54 but as far as nutritional quality is concern developed *dahi* is highly nutritious in case of mineral like iron and zinc.

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How to cite this article:

More, R. V., B. M. Thombre, S. G. Narwade and Sawant, V. Y. 2020. Studies on Sensory Properties of Dahi Blended with Biofortified Bajra Flour. Int.J.Curr.Microbiol.App.Sci. 9(11): 869-873. doi: https://doi.org/10.20546/ijcmas.2020.911.104