

EFFECT OF PUMPKIN SEEDS AND SPICES ON PHYSICOCHEMICAL AND SENSORY CHARACTERISTICS OF READY TO EAT PANEER

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APSTRACT

Paneer is the most popular indigenous dairy products in India with a significant annual growth rate. It is a rich source of protein and fat contents. But it is deficient in iron and fiber contents. Hence an attempt has been made to incorporate pumpkin seeds as it contains substantial amounts of fiber and iron. Pumpkin seeds are blended at the rate of 3, 6, 9 and 12 per cent. Among these levels, 6 per cent was found to be significantly higher acceptability score of 8.66 compared to control. Further, the product also contains significantly higher amounts of iron and fiber at 1.52 mg/100 g and 1.7 per cent respectively without affecting any sensory characteristics. Further mixed spices pepper: garlic: ginger (1:1:1) were blended at different levels and at 1 per cent blended level found more acceptable.

KEYWORDS: *Paneer, Spices, Fiber, Iron & Flavour*

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