

## **DEVELOPMENT OF VALUE ADDED NAMAK PARE**

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### **Abstract**

Ragi and wheat flour based *Namak Pare* is a rich source of various macro and micro nutrients specially calcium, iron, protein, energy etc. it can be consumed by various segments of the urban and rural population. This product can be developed at home for various age groups. So, an attempt has been made to develop a low cost and nutritious snack i.e. *Namak Pare*. The developed product were found nutritious with energy (1337 KJ), protein (8.72 g), fat (2.51 g), calcium (196.24 mg), iron (3.94 mg), total fibre (11.21 g).

**Key words:** Deficiency, Entrepreneurship, Innovation, Ragi

### **Introduction**

Wheat (*Triticum*) is one of the most common cereals used in the world for making breads, biscuits, snacks, noodles, *chapatti*, *puri*, etc. and there are numerous products available in the market which are made up of refined flour or wheat flour only, but if some other nutrient rich ingredients would be added then its nutritive value may be enhanced. So an attempt has been made to increase its value by preparing *Namak Pare* with whole wheat and ragi flour. Different ingredients like ajwain, salt and ghee were also added to enrich its flavor, aroma, texture and taste (Singh and Srivastava 2012).

Intake of *Namak Pare* are considered as popular snack with tea or coffee at evening time by almost all individuals. Generally they are prepared with refined flour which are deficient in other nutrients like vitamin, mineral and dietary fibre (Ullah *et al.* 2016). Snacks with healthy option can be a better choice for all, especially with ragi flour. *Ragi or Finger millet (Eleusine coracana)* is one of the minor cereals because it does not grow on any soil and its health benefits are also not known to general population, rather it is very cheap and full of nutrients. It can become a good ingredient for low income group in their diet with ajwain which is a herbaceous herb belonging to the family Apiaceae and vastly grows in Egypt, Iran, Pakistan, Afghanistan, and India as well as European region.

*Desi ghee* is used to fry them because normally market based snacks are fried in dalda which are hydrogenated vegetable oil. Fats attribute texture to food. It makes it easier to bite and chew by tenderizing it. It helps to maintain the product's moisture content and hence increase its shelf life. Fat helps to generate a crisp texture in fried food and helps to tenderize and create a flaky or crumbly texture.

**The method of preparing calcium rich *Namak Pare* is given below:**

<b>Ingredients</b>	<b>Amount</b>
Whole wheat flour	50 gm
Ragi	50 gm

Melted Ghee	2-3 Tbs
Ajwain	Few grams
Salt to taste	

**Nutritive value of *Namak Pare* in per 100 gm**

Energy	1337 KJ
Protein	8.72 g
Fat	2.51 g
Total dietary fibre	11.21 g
Calcium	196.24 mg
Iron	3.94 mg

(Source: Longvah *et al.* 2017)

**Method:**

1. Combine the whole wheat flour, ragi, ajwain and salt in a wide bowl. Add the heated ghee to the flour and mix very well.
2. Make soft dough by adding the water little by little. Cover with a lid, set aside for 30 minutes.
3. Then knead the dough for a couple of minutes and divide into equal parts.
4. Roll the each dough ball into a big circle and cut into small strips or diamonds using a knife.
5. Heat oil in a pan and when it is hot, drop the pieces in oil.
6. Deep fry them on a medium flame until light golden brown color, turn over to fry on both sides evenly.
7. Drain them in a tissue paper. Cool down completely and store in a airtight container.

**Health benefits of Ragi based *Namak Pare*:**

Of all the cereals and millets, finger millet has the highest amount of calcium (344 mg %) and potassium (408 mg %). It has higher dietary fiber, minerals and sulfur containing amino acids compared to white rice, the current major staple food in India. Moreover, it is also a rich source of thiamine, riboflavin, iron, methionine, isoleucine, leucine, phenylalanine and other essential amino acids (Shobana *et al.* 2013). The abundance of these phytochemicals enhances the nutraceutical potential of finger millet, making it a powerhouse of health benefiting nutrients. There are many beneficial effects of ragi, such as anti-diabetic, anti-tumorigenic, atherosclerogenic effects and antioxidant and antimicrobial properties. Another very important ingredient used in making of *Namak Pare* was ajwain seeds which revealed to possess antiseptic, stimulant, carminative, diuretic, anesthetic, antimicrobial, antiviral, nematocidal, antiulcer, antihypertensive, antitussive, bronchodilatory, antiplatelet and hepatoprotective as well as antihyperlipidemic effects.

As per the guidelines of the National Institute of Nutrition (ICMR), an adult human requires 25 g or 5 teaspoons of visible fats daily, of which one teaspoon could be contributed by ghee. Ghee is high in calories (112 calories per tablespoon serving). A serving contains 12.7 g of fat, negligible protein and no carbohydrates, dietary fiber or sugars. Ghee is high in saturated fat (7.9 g per serving). The American Heart Association recommends that the total fat intake should be between 25 and 35% (WHO 2003) of the total calories consumed, of

which saturated fats should be no more than 7% of total calorie intake. So, an individual must take ghee in their diet as per ICMR guidelines.

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