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Summer sausage: Healthy fermented meat product

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Sausages are one of the oldest forms of processed foods, which are salted, usually seasoned, chopped meat products, encased in animals' intestines or synthetic casings. Summer or semidry sausages are coarse ground; fermented non emulsion type products prepared by using starter cultures or can be held under specific conditions that preferentially promote the growth of microorganisms that impart flavor, texture and preservative qualities. Glucose is added to meat mixture as energy source for acid production by bacteria which declines the pH 4.6 -5.6. The decline in pH as a result of fermentation not only imparts the tangy flavor and chewy texture to fermented sausages. As the pH drops, it approaches the isoelectric point of the myofibrillar proteins (actin and myosin) where their ability to water reaches a minimum. Thus the low in pH also aids in removal of water during the drying process. Starter cultures are recommended for better fermentation as well as to reduce fermentation period. These sausages, in contrast to dry sausages are usually placed in smokehouse and cooked after ripening to have peculiar flavor and have a final moisture content of 50%. Consumers prefer them because of convenience variety economy and nutritional value.

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Sensory evaluation and nutritional value of soft burfi prepared by incorporation of whole finger millet flour(*Eleusine coracana L.*)

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Burfi is the most popular Khoa based sweet all over India. Different varieties of Burfi like nut Burfi, chocolate Burfi, coconut Burfi, saffron Burfi, ravaBurfi etc. are very much liked by the Indianpopulation. The objective of this study was to evaluate the nutritional value and consumer acceptance of Burfi containing three different concentrations of finger millet flour (0, 10, 20 and 30%) as partial replacement for Bengal gram flour. The results showed that Burfi samples enriched with whole ragi flour were rich in minerals content like calcium, iron, and crude fibre as compared to the control sample. Sensory scores of Burfi sample prepared with 90% Bengal gram flour and 10% Whole ragi flour was approx. same as the control. The Burfi prepared with 30% whole ragi flour had highestmineral and fibre content, but the sensory score was low due to the loss in softness and increased intensityof brown colour. The Burfi prepared with 20% whole ragi flour had low mineral and fibre content than 30% whole ragi flour, but the sensory score was high. These Burfi may be beneficial for growing children, teenagers and pregnant and lactatingwomen due to its high nutritive value.

Biography

WatharkarRitesh.B. has completed M.Tech.(Food Process Engg.) at the age of 24 years from Karunya University,Coimbatore.I amCurrently working as an Asstt. Prof. and HODof Department of Food Science and Technology, K..K.Wagh College of Food Technology.Ihave published more than 2 papers and 5 popular articlesin reputed journals.

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