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Next gen diet- dried vegetables & fruits

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In this era where packed and artificial foods have made up its stand in the taste buds, there is still something like dried fruits and vegetables infused with sugar or soaked with salt still leading a way to healthy diet. Drying is an excellent way to preserve foods that can add variety to meals and provide delicious, nutritious snacks. One of the biggest advantages of dried foods is that they take much less storage space than canned or frozen foods and being infused with vitamins, minerals, fibres, calcium, magnesium…etc also promote the health of an individual. Dehydration is the removal of the majority of water contained in the fruits and vegetables and is the primary stage in the production of dehydrated fruits and vegetables. Several drying methods are commercially available and the selection of the optimal method is determined by quality requirements, raw material characteristics, and economic factors. There are three types of drying processes: sun and solar drying; atmospheric and sub atmospheric dehydration. Dried fruits are brought into being by drawing out the water content, either by sun drying or using specialized machines. Once in their dried phase, the fruits can be stored for a longer period of time. Wide ranges of fruits and vegetables dehydration machinery are being manufactured. These machines are used in various applications of food processing industry. Fabricated from best quality material, some of the machines are solar dryer, tray dryer, infra red drying machine and mesh belt drying machine. Governments, NGOs and private companies should consider food drying as the next step after the establishment of farms and urban agriculture projects as an integral part of value chain solutions.

Biography

Priyanka Karnatak is pursuing B.Tech Agricultural Engineering from Govind Ballabh Pant University of Agriculture and Technology, Pantnagar, Uttrakhand. She has published one paper in Saving Humanity (Swami Vivekananda Perspective) on Sustainable Energy- a necessity and has attended International Conference on Youth for Integral humanism, January 12-13, 2012. Apart from being interested in computer languages, she has keen interest in the field of literature, and food processing and technology. She is in organizing committee of SPRINKLER, branch chapter, Agricultural Engineering at Pantnagar University and has organized many events so far.

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Standardization and development of muskmelon bar

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Muskmelon is also known as cantaloupe & rock melon. It is a variety of curcumas melon, a species in the family cucurbitaceous which includes nearly all melons & squashes. The main objective is to develop the muskmelon fruit bar which is a value added processed muskmelon products. The product was prepared as per the methodology section and the musk melon fruit bar was standardized. To develop the muskmelon fruit bar, three trails were conducted by varying in the sugar composition. Three trials were prepared by using the mechanical drying process. The sensory evaluation is done for three trials. Trail one has got the highest overall acceptability and mean sensory score (4.2/5.0). Shelf life studies were conducted and evaluated for every 15 days interval. All the three were found to be acceptable. But due to the refrigeration, the texture of muskmelon bar has crystallized cracking appearance after 30 days. No preservatives are added in the preparation of muskmelon bar, but the sensory attributes and keeping quality of the prepared muskmelon bar was found to be acceptable in all quality attributes even after 35 days from the time of preparation.

Biography

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