Journal of Food Processing & Technology
ISSN: 2157-7110

Jana et al., J Food Process Technol 2019, 10:4
DOI: 10.4172/2157-7110.1000789

Research Article Open Access

New Makhana (*Euryale ferox* Salisb.) Processed Products for Health Benefit

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Abstract

Makhana or gorgon nut is an important non-cereal food from aquatic resources. People now a day's preferred to protein-rich food in their eating habit for sound health as compared to carbohydrate-rich products. For our present study conducted at Research Centre on Makhana, Darbhanga, India during 2015-2016, we prepared makhana barfi and kalakand as sweets and makhana chapatti and makhana pakora as evening snack food from makhana flour and mixed flour. Makhana flour was prepared from drying of seed at 30-35°C for 42 hours followed by crushing and sieving. The water and oil absorption capacity of makhana flour were 6.39 g gel/g and 2.09 g gel/g, respectively whereas moisture content and bulk density of the flour were 9.15% and 696.74 kg/cm^3, respectively. As the sugar content of the products were very less and having medium to high calorific value, it might be fitted for normal as well as diabetic and B.P. patient. Makhana-wheat chapatti (1:1) was a very excellent product, which had a calorific value of 317.24 cal/100 g product and might improve the overall status of health of aged people. Makhana kalakand was low free sugar (16.66%) and high protein (11.53%) sweets as compared to makhana barfi (19.33%) sugar and protein 5.40%). From this study, we concluded that kalakand as sweets and makhana chapatti (1:1) as evening snack food were the best for health-conscious people in terms of their calorie intake. Resultant products from makhana flour had the very good expansion, appearance, color and taste and may be exploited as evening snack food potentially.

Keywords: Makhana flour; Chapatti; Sweets; Calorie; Protein; Fat

Introduction

Makhana (*Euryale ferox* Salisb.) is one of the most important aquatic nut crops produced in India. It is known for its higher protein and carbohydrates content. It generally produces edible nut and it is superb medicinal plant used in ancient medicine in India and China 3000 years ago. The seeds of fox nut are used in ayurvedic preparations [1]. It contains 11.16% protein and 75.04% carbohydrates [2]. It strengthens the heart and is very useful in anemia [3]. Makhana is an important ingredient which is used to strengthen spleen and kidneys. It contains low sodium and high potassium which reduces Blood Pressure and since it contains a very low amount of monosaturated fat, which prevents to increase blood sugar level [2]. Besides, B.P and diabetes also help to control diseases like neuralgia, incontinence, chronic diarrhea and arthritis [1]. *Euryale ferox seeds* are *a* rich source of macronutrient like Ca and Mg and also many micro-nutrients [4]. It is nutritious and easily digested [5]. Antioxidant activity of raw seed was maximum than that of popped ones, which was due to the outcome of processing at high temperature [6]. Popped makhana is a well-known product in Mithilanchal of Bihar [7]. Since ancient times, the people of the Mithila region using makhana for various domestic consumable products like popped, halwa and kheer. In Kashmir fruits are edible. The seeds are consumed in raw or roasted forms as well as flour of dried seeds was used as nutritious bread [8]. Makhana contains unique glycosides combinations which are helpful for the element of cardiovascular diseases [3]. Among them, Cashew nut barfi was most famous as reported by Rao [9], Parmar [10] and Parmar and Sharma [11]. Kumble [12] also reported the production of fig burfi and halwa in Maharastra, India. But no scientific information and document are available for a product like a makhana or gorgon nut burfi. To make it scientific representation and use of different kinds of sweet like makhana, barfi, and kalakand, the new edibles like chapatti and pakora have been shown in the present study. The aim of the research paper is to provide a scientific way of making makhana products for further up gradation of knowledge and protocols developed for preparing different kinds of makhana based products in our day to day life. Sweets like, makhana barfi, kalakand and makhana chapatti (1:1) contain high calories and low sugar which are not only nutritious but also healthy food for health-conscious people.

Materials and Methods

Preparation of makhana flour

Fresh makhana seeds were cleaned in fresh water and air dried at shade. The hot blower was used for drying the seed. After drying, seeds were crushed to remove seed coats and separated the kernels. The musky smell of makhana seed coats and other inert materials associated with it were easily removed by this process. Seeds were distempered, generally, by exposing these at 30-35°C for 42 hours. Low temperature and long duration drying were very effective for not only removing seed coat with drying but also kernels which ware minimally processed. Then kernels were easily separated from husks like other nuts i.e. almond and walnut. Generally, kernel weight: husk weight was 60:40. After separation from the husk, kernels were smashed thoroughly after that sieving was done to get seed coat free from fine white flour. As the drying and threshing of seeds was done under shade and at very low temperature, flour had full of antioxidant property which was very beneficial for human health. The water absorption capacity and oil absorption capacity of different flours were measured according to Sosulski et al. [13]. In 10 ml distilled water 1 gm of flour was taken mixed and kept in ambient temperature (32.0°C) for ½ hr and centrifuged 30 min at 3000 rpm. In the case of measurement of oil absorption capacity, soybean oil is used (Specific Gravity 0.9092). The rest procedure was the same as that of earlier. The volume of 100 g of the flour with air space was measured in a measuring

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Received January 16, 2019; **Accepted** March 12, 2019; **Published** March 16, 2019

Citation: Jana BR, Srivastava A, Idris M (2019) New Makhana (*Euryale ferox* Salisb.) Processed Products for Health Benefit. J Food Process Technol 10: 789. doi: 10.4172/2157-7110.1000789

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cylinder (250 mL). After tapping the cylinder on a wooden plank until no visible decrease in volume was noticed, the apparent (bulk) density was calculated [14] based on the weight and volume. Bulk density is the dry weight of the flour (g) divided by the volume of natural flour (cm^3) and finally expressed as Kg/cm^3.

Biochemical composition

For determining mineral content, seed kernel (whole) were washed initially by tap water followed by dilute hydrochloric acid (0.05 N) and finally with double distilled water. The kernel samples were then dried in air oven at a temperature of 65 ± 5°C for 24 hours ground and passed through an 80-mesh sieve (180 µm). Protein was measured by the Lowry method and carbohydrates were determined by the Anthrone method [15]. Dried samples (1 g) were digested with diacid mixture (HNO_3: $HClO_4$: 9:4). After digestion and extraction of samples, total P was determined with the vanodo-molybdophosphoric acid yellow-color method and total K and Na were determined with the flame photometric method. Water-soluble Ca and Mg were determined by the Versanate method. Water-soluble Fe and S were measured with an atomic absorption spectrophotometer (Analyst 100, Perkin Elmer, and Norwalk, CT, USA). Total dietary fiber was measured by Prosky method and calculated from 'residue weight-the weight of (protein+ash)' and expressed by percent [16] and fats were determined by Modified butyrometric method Ali and Khan [17].

Preparation of different products

Makhana flour, arrowroot flour wheat flour, besan raw and chopped cabbage were used to prepare different products like makhana barfi, makhana kalakand, and makhana pakora. Different procedures are given below:

Makhana Barfi was prepared from raw makhana powder (300 g), sugar (200 g) milk (1.5 liters) pure ghee (5 g), elaichi (Cardamom) powder (2 g) arrowroot powder (2 g) and then mixed them properly for ready to boil. The boiling temperature was 130-140°C for 30 minutes to thick consistency then cut into small pieces after cooling.

Makhana Kalakand was prepared from raw makhana powder (300 g), sugar (100 g), channa (600 g), milk (1.0 lit), pure ghee (5 g) and elaichi (cardamom) powder (2 gm). The boiling temperature was 130-140°C for 30 minutes to a thick consistency and then cut into small pieces after cooling of the resultant mass.

Makhana Chapatti: The recipe of the makhana chapatti was raw makhana powder (250 g) bread wheat (Atta: 250 g) and pure ghee or oil (10 ml). The dough was made with the help of water. Chapatti was then fried in a nonstick pan at about 150°C (for roasting).

Makhana Pokora (snacks) was made from makhana raw powder (250 g), pure besan (150 g) and soybean oil (250 g). Pakora was fried and scan on a spoon at about 150°C.

Determination of qualities of the prepared products

After preparation of different products, protein content was determined by the Lowry method [18] and carbohydrates were determined by the Anthrone method Ranganna [15]. Fats and free sugars were calculated from raw materials used in the preparation of sweets, chapatti, and pakora. The overall calorie was determined by raw material used and from their composition. TSS of the products was determined by the handheld refractor-meter. Consistency or solidity was determined by the penitro-meter readings.

Results and Discussion

Functional properties of the different flours

At first, we studied the functional properties of different flours viz; makhana, wheat, besan, and arrowroot, which were used in different products directly. A close perusal of the Tabe-1 revealed that makhana flour had the lowest moisture (9.15%) followed by besan flour (9.6%). However, wheat and arrowroot powder showed higher moisture % in the flours viz (13.04%) and (12.15%), respectively. The higher water absorption capacity was observed in makhana (6.39 g gel/g dry sample) followed by arrowroot (6.01 g gel/g dry sample). The results were in corroborated with the findings of Aprianita [19]. The makhana flour had the highest oil absorption capacity (2.09 g gel/g dry sample). The lowest oil absorption capacity was found in arrowroot (0.93 g gel/g dry sample) similar results were obtained by Mohammad et al. [20]. Among the four flours used in making a different product, the makhana flour had the highest bulk density (696.74 kg/cm^3). This might be due to a compact kernel and fine texture of particle than other flours. This is mainly because of less granulation/aggregation. As aggregation and finer particle content decrease, bulk density increases. Since the bulk density is related to the combined volume of solids and pore spaces, hence the flour with lower pore space will have higher bulk densities, Hence, makhana powder has a very high bulk density as compared to other flour. Moreover, due to high gluten content in finer particles that form small clumps and together it had higher volume after moisture/water soaking. Regarding biochemical composition. makhana kernel powder had moisture, carbohydrates, protein, fat and fiber content of 10.5%, 74.9%, 11.2%, 0.5% and 0.5% respectively (Figure 1). The similar results were also obtained by Shankar et al. [4], Jana and Idris [2]. The makhana kernel was a rich source of K (260 mg/100 g), S (70 mg/100 g), Mg (60 mg/100 g), and Ca (50 mg/100 g) but Sodium (Na=15 mg/100 g) (Figure 2). The results were in accordance with the findings of Shankar et al. [4] and Jana and Idris [2].

Proximate composition of different makhana based products

As we used makhana raw powder and boiled the product at 140-150°C for 30 minutes, all the nutrient elements were well preserved in these products. The glutamic acid content of the foods was very high about 17 mg/100 g powder which gave the voluminous resultant product for makhana barfi and kalakand. We obtained 1.5 kg of cooled product from 2.0 kg of raw materials, which accounted for 30 pieces of each product. Makhana chapatti was an excellent product when it was mixed with wheat flour at a ratio of 1:1. In the case of chapatti, from 500 g mixed flour, we got 680 gm products. Both the flours were mixed with sufficient water to make dough for making chapatti by frying with a little amount of oil and ghee. Data pertaining to Tables 1 and 2, showed

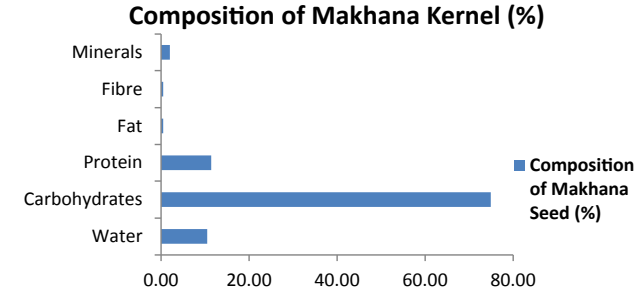

Figure 1: Compositions of makhana kernel (Bio-molecules).

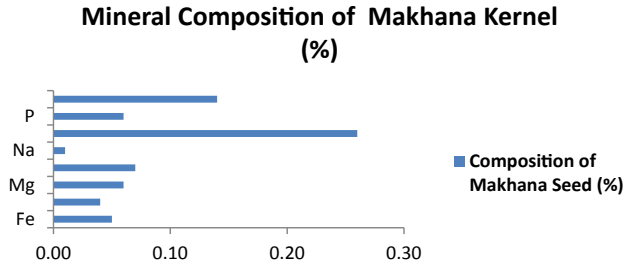

Figure 2: Compositions of makhana kernel (Minerals and vitamins).

Flours	Moisture (%)	Water absorption capacity (g gel/g dry sample)	Oil absorption capacity (g gel/g dry sample)	Bulk density (kg/cm^3)
Makhana	9.15^b	6.39^a	2.09^a	696.74^a
Wheat	13.04^a	1.39^c	1.45^b	477.25^c
Besan	9.6^b	1.34^c	1.22^b	480.63^c
Arrowroot	12.15^a	6.01^b	0.93^c	612.78^b
(CRD)CD at 5%	1.46	0.33	0.28	43.92

Table 1: Functional properties of different flours used in makhana products.

Products	Calorie/100 g Product	Protein (%)	Carbohydrate (%)	*Fat (%)	*Free Sugars (%)
Makhna barfi	160.33^d	5.40^d	25.47^c	04.37^c	19.33^a
Makhana kalakand	232.83^b	11.53^a	21.53^d	08.73^b	16.66^b
Makhana chappatti (1:1)	317.24^a	10.57^b	64.04^a	02.49^d	0.24^d
Makhana pakora	211.46^c	8.85^c	30.19^b	12.71^a	2.82^c
CD at 5%	19.74	1 .01	3.28	1.42	0.22
*Fats and free sugars were calculated from raw material used					

Table 2: Different components of makhana products.

that the makhana chapatti was calorie-rich products. 100 g chapatti provided 317.24 calorie energy followed by makhana kalakand which had 232.83 cal energy from the same product. However, in respect of protein content of the product, makhana kalakand was the best (11.53%) followed by makhana chapatti which exhibited the protein content of 10.57%. Among the sweets, makhana kalakand showed the minimum sugar percent (16.66%). But in case of evening snack food makhana chapatti recorded the minimum sugar content of 0.24%. With regard to carbohydrates, makhana chapatti had the highest value (64.04%) but fat content was found to be highest in makhana pakora (12.71%) (Figures 3-6).

Sensatory analysis of makhana products

The organoleptic evaluation was performed based on Hedonic (10 points) scale. It has been found that according to color and texture the makhana chapatti had the maximum (<9.0) value followed by Makhana kalakand (Table 3). The taste and appearance score of makhana kalakand was the best 8.4 and 8.1 respectably. The results were corroborated with the findings of Parmar [10] and Parmar and Sharma [11]. When we calculated total points regarding the best product, the makhana kalakand scored the highest number (8.32). The term texture is related to the feeling of food within the mouth and as such, it includes a wide range of attributes that can be measured with instrumental methods or with sensory tests. Texture properties arise from structural elements and the way they respond to forces or

Figure 3: Makhana Barfi.

Figure 4: Makhana pakora.

Figure 5: Makhana kalakand.

Figure 6: Makhana-Wheat chapati (1:1).

Name of the products	Colour (10 points)	Texture (10 points)	Taste (10 points)	Appearance (10 points)	Total score average (10 points)
Makhana burfi	7.2^{c}	8.0^{b}	7.7^{c}	7.0^{c}	7.47^{c}
Makhana kalakand	8.6^{b}	8.2^{b}	8.4^{a}	8.1^{a}	8.32^{a}
Makhana chapatti (1:1)	9.0^{a}	9.3^{a}	8.0^{b}	7.8^{b}	8.22^{b}
Makhana pakora	7.0^{c}	7.5^{c}	7.2^{d}	7.3^{c}	7.32^{d}
Significance (p<0.05)	*0.35	*0.42	*0.28	*0.45	*0.12
*Mean ± standard deviation of ten panelists. Means in the same column with different letters are significantly different (p<0.05)					

Table 3: Organoleptic taste scores for different makhana products.

Products	Moisture (%) after 01 day	Consistency or firmness (Kg/cm^2)	Shelf life (days)
Makhana burfi	9.72^{c}	0.95	8.5^{a}
Makhana kalakand	11.23^{b}	0.72	5.5^{b}
Makhana chapatti (1:1)	6.92^{d}	1.65	1.5^{c}
Makhana pakora	12.78^{a}	1.13	1.2^{c}
(CRD) CD at 5%	1.29	NS	1.7

Table 4: Characteristics and shelf life of different makhana products.

deformations (in the mouth), eventually resulting in the breakdown of the structure and the flow of the material. The texture of the product makhana barfi was excellent as compared to other products. Shete et al. [21] also reported that cashew nut barfi or kajukatli had a very fine texture and mouth feel.

Quality and shelf life of the products

After making the product, we placed in a safe place for overnight to cool down and the product can get a thick consistency. Post prepared qualities regarding moisture (%) and firmness (kg/cm^2) were recorded in the next days and shelf life was studied at ambient room temperature for a week long. Table 4 showed that the maximum moisture content was found in makhana pakora (12.78%) followed by makhana kalakand (11.23%) and lowest moisture (9.15%) was found in makhana barfi. Similar results were also obtained in respect of kajukatli by Parmar and Sharma [11] where the moisture content of the product was 8.4%. As long as makhana chapatti was hot firmness was low but during storage firmness increases. After 24 hours the firmness of makhana chapatti was the highest (1.65 kg/cm^2). Parmar and Sharma [11] also prepared kajukatli from cashew nut and also obtained similar results in respect of firmness of the product. With regard to the shelf life of the product, makhana barfi had the maximum shelf life of 8.5 days followed by makhana kalakand (5.5 days) after that these products showed pale in appearance as compared to fresh. The minimum shelf life was found in makhana pakora (1.2 days).

Conclusion

From the present study, we concluded that after preparation of makhana flour, different sweets viz; makhana barfi and makhana kalakand and snacks viz; makhana wheat chapatti (1:1) and makhana cabbage pakora can be prepared by the mixing makhana flour to other edible flours in different proportion successfully. Makhana based products are low in sugar content but had moderate calorific value moreover resultant products had a very good expansion, a color which may attract health-conscious people appreciably.

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