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Topic: The impact of food systems on nutrition, diet and health

Title: Development and Evaluation of Coriander (*Coriandrum sativum* L.) and Buckwheat (*Fagopyrum esculentum*) burfi

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Burfi, prepared from partially dehydrated, heat desiccated whole milk (khoa) is a delicious sweet confectionery of India. It is blended with varieties of nutritionally rich pulses and fruits to enhance its taste and aroma. Coriander is a spice which has bioactive property and nutraceutical benefits. Buckwheat is a pseudocereal which rich source of starch, proteins, fibres, antioxidants and minerals. Some of its components were found to exhibit outstanding health promoting properties (proteins with cholesterol lowering properties). For the preparation of burfi coriander seeds and buckwheat were cleaned and milled. Uniform size coriander and buckwheat flours were obtained using sieves of appropriate mesh size. Coriander and buckwheat burfi were developed using coriander and buckwheat flours in different proportions i.e., 100:0, 80:20, 60:40, 40:60, 20:80 and 0:100, following two methods i.e., frying and roasting, and also optimizing the process, time, temperature and sugar required in its preparation. Products prepared from were packed in 250 g capacity polystyrene boxes. On the basis of sensory evaluation, roasting method was adjudged better for 100% coriander burfi while frying method was found better for 100% buckwheat burfi. Burfi prepared with 60 coriander : 40 buckwheat flour was most acceptable (8.53) followed by 100% coriander flour (8.30) and 100% buckwheat flour (7.85). From this we can conclude that coriander should not just be used for garnishing or as spice. Owing to its distinct aroma due to its concentrated essential oils, freshness and nutritive value it should be used abundantly in daily diets with minimal processing.