

INSTANT MIXES

1.Preparation of idli mix

Instant idli mixes eliminate the traditional method of grinding of both the ingredients and the leavening is produced by the action of chemical leavening agents.

Preparation of rice and black gram flours

The parboiled rice IR 20 was soaked in water for 5 hours. Then the water was drained completely and dried in solar drier for 5 hrs. The dried rice was ground in a mixie and sieved through BS 36 sieve. Black gram dhal was also grind in a mixie and sieved (BS 36). The rice and black gram flour were dried in a cabinet drier at 80°C for 2 hrs, cooled and packed in air tight containers till they were used.

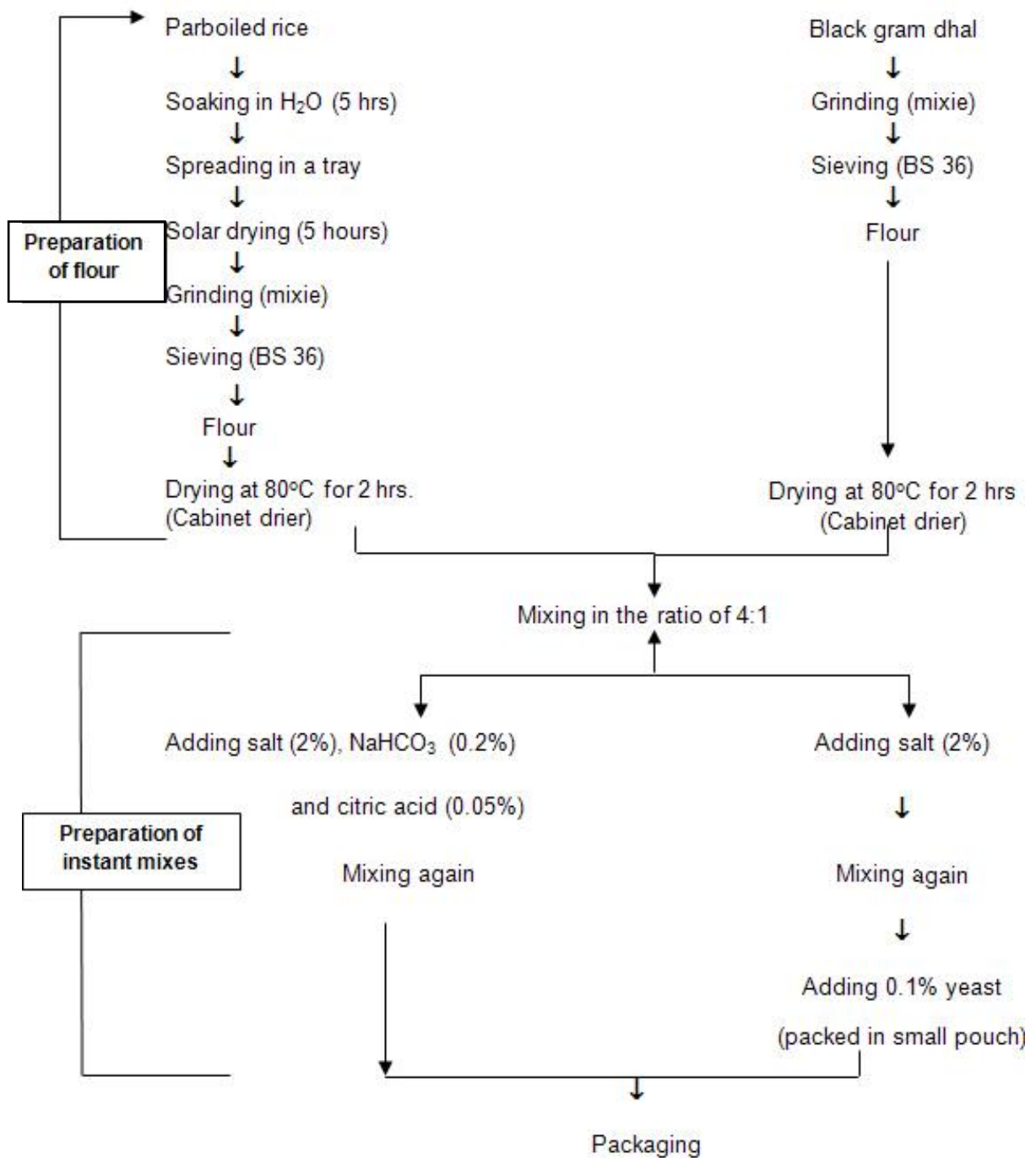


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Materials required

Ingredients	Amount (g)
Rice flour	80 g
Black gram dhal flour	20 g
Salt	2 g
Citric acid	0.05 %
NaHCO ₃	0.2%

Method



- The ground rice and blackgram dhal flours were mixed at the ratio of 4:1.
- The salt, citric acid and sodium bicarbonate were added and mixed thoroughly.
- Another batch of instant mix was prepared by adding yeast (0.1%) without the addition of citric acid and sodium bicarbonate.

2.Preparation of Instant Idiyappam Mix

Idiyappam is a traditional food prepared from the combination of parboiled rice and raw rice. It is consumed as breakfast / dinner for the peoples especially South Indians. It is a steamed product and consumed as either in the form of sweet or savoury dish (lime bath, tomato bath and curd bath).



Procedure

Preparation of rice flour: The parboiled rice – IR 20 and raw rice was soaked in water for 5 hours separately. Then the water was drained completely and dried in the solar drier for 5 hrs. The dried rice was ground in a mixie and sieved through BS 36 sieve.

Materials required

Ingredients	Amount (g)
Parboiled rice flour	50
Raw rice flour	50
Salt	2

Method: Mix all the ingredients and stored, in the polythene bag.

Preparation of idiyappam: The idiyappam mix (100 g) was steamed in a steaming unit for 5 minutes (idli cooker). To the steamed flour, required quantity of boiling water (90°C, 120 ml) was added and made into dough. The dough was

extruded through hand noodle press, steamed in the idli cooker for 10 minutes. The prepared idiyappam was organoleptically evaluated.

3. Preparation of murukku instant mix

Method

Raw rice and black gram were ground in a mill separately and sieved through 80 BS sieve and used for the preparation of murukku instant mix.

Ingredients

Ingredients	Amount (g)
Rice flour (%)	90
Black gram flour (%)	10
Salt (g)	2
Water (ml)	92
White sesame seed	5

The crispy mix was prepared by mixing raw rice flour, black gram dhal flour, salt and sesame seed. The mix was passed through 80 BS sieve for uniform mixing.

Method for the preparation of murukku

The dough was prepared by the addition of hydrogenated fat –5 g and water and extruded in a hand extruder of local make with 4 mm diameter orifice and fried in the heated oil at 180°C for 3-5 minutes

PREPARATION OF SUPPLEMENTARY FOOD MIX

