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# Effect of Soaking Sprouting and Cooking on Physico-Chemical Properties of Moth Beans (*Vigna aconitifolia*)

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**KEY WORDS** Moth Beans. True Protein. Non-protein Nitrogen. Soaking, Sprouting. Cooking. Protein Efficiency Ratio. Feed Efficiency Ratio.

**ABSTRACT** Effect of soaking sprouting and cooking on the physico-chemical properties of moth beans was seen. Soaking, Sprouting and Cooking resulted in an increase in the 100 kernal weight, length and width of moth beans whereas density (weight volume ratio) decreased. There was decrease in the protein content of soaked, sprouted and cooked grains whereas an increase in PER and FER was observed these were fed to rats. Results have revealed that cooking increase the food efficiency ratio and protein efficiency ratio of grain.

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