

Development and Sensory Evaluation of Beta Carotene Rich Food Preparations Using Underexploited Carrot Greens

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ABSTRACT Carrot greens are the most under-exploited class of greens despite of high nutritional value. In daily diet an increased intake of these inexpensive greens can be one of the strategies for improving the nutritional status. Keeping this in view, the present study was undertaken with the objective to develop commonly consumed food preparations by separately incorporating fresh and dry carrot greens, applying different cooking methods. Levels of incorporation of fresh carrot greens in different food preparations ranged 40 to 80 per cent whereas powder of dry carrot greens was added in different preparations at 7, 8 and 9 per cent levels. Organoleptic evaluation of all food preparations were conducted by a panel of ten judges using Hopkin's seven point scale. In fresh carrot greens incorporated food preparations, the maximum and most acceptable level (80%) of incorporation of under exploited carrot greens was in *saag* and minimum (40%) in *puri* and *kadhi*. In dry carrot greens incorporated food preparations, the most and best level (9 %) of incorporation of greens was in *mathri* and minimum (7%) in *matrey*. Among all the fresh carrot greens incorporated food preparations, *gulabjamun* scored highest (6.96 ± 0.27) overall acceptability scores while *laddoo* scored minimum (5.52 ± 0.68). In dry carrot greens incorporated food preparations *tacques* scored highest (6.31 ± 0.28) and *laddoo* scored minimum (5.98 ± 0.69) overall acceptability scores. Beta carotene content in all food preparations increased significantly ($P \leq 0.01$) with incorporation of fresh as well as dry carrot greens.