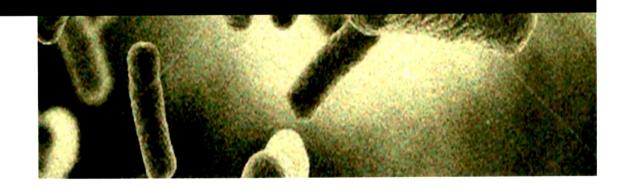


Appendices



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APPENDIX I

STANDARD RECIPES OF FOOD PRODUCTS

The standard recipes of the food products (*chapati, thepla, dhokla* and *patra*) to study the acceptability trials of varying levels of fructooligosaccharide incorporation by substitution are follows:

I. Chapati

Ingredients	Amount(g)	Volume/no.
Wheat flour	100	1 ¼ bowl
Water (as required)	100ml	1 bowl

Method of preparation

- Add water gradually to flour and knead till it becomes soft and smooth.
- Divide into 5 equal portions and make into smooth balls with the help of fingers and palm.
- **I** Roll into uniformly thin round sheets.
- I Roast on hot *tawa* and let it remain for few seconds.
- Turn and wait till the side on the *tawa* has a few brown marks.
- Turn and place the *chapati* on the flame to puff.

FOS was substituted for wheat flour at 6% (6g FOS + 94g wheat flour), 10% (10g FOS + 90g wheat flour), 16% (16g FOS + 84g wheat flour) and 20% (20g FOS + 80g wheat flour) level in *chapati*.

II. Thepla

Ingredients	Amount(g)	Volume/no.
Wheat flour	80	1 bowl
Bengal gram flour	20	1/4 th bowl
Water (as required)	80ml	3/4 bowl
Fenugreek leaves	50g	1 bowl
Groundnut oil	10ml	2tsp
Garlic-ginger-chilli paste	10g	2tsp
Spices	2g	

Method of preparation

- Mix all the ingredients together.
- Add water gradually to flour and knead till it becomes soft and smooth.
- Divide into 5 equal portions and make into smooth balls with the help of fingers and palm.
- Roll into uniformly thin round sheets.
- Shallow fry on hot *tawa* and let it remain for few seconds.
- Turn and wait till the side on the *tawa* has a few brown marks.

FOS was substituted for wheat flour at 6% (6g FOS + 94g wheat flour), 10% (10g FOS + 90g wheat flour), 16% (16g FOS + 84g wheat flour) and 20% (20g FOS + 80g wheat flour) level in *thepla*

III. Dhokla

Ingredients Amount(g) Volume			
Bengal gram+Semolina	100	1¼ bowl	
Curd	70	1 bowl	
Oil	10	2tsp	
Water	20	1 ^{1/4} Tsp	
Spices	2		

Method of preparation:

- Bengal gram and semolina mix was soaked in curd for 2 hours.
- Add rest of the condiments to the mixture and mix well.
- Some water is kept boiling in a vessel.
- Small steel plates are oiled and the mixture is poured into them.
- The plates are kept in water and the pan is covered with a well-fitting lid.
- The *dhoklas* are then steamed for about 15 mins till done.

FOS was substituted for mixed bengal gram and semolina at 10% (10g FOS + 90g mixed flour), 16% (16g FOS+ 84g mixed flour) and 20% (20g FOS+ 80g mixed flour) level.

IV. Patra

Ingredients	Amount(g)	Volume
Colocasia leaves	60	an na handar ann an star an ann an ann a' far an an ann an ann an ann an ann an ann an a
Bengal gram flour	100	1 ¼ bowl
Oil	10	2tsp
Water	20	1 ^{1/4} Tsp
Spices	2	
Gingelly seeds	5	1tsp
Coriander leaves	10	2tsp
Tamarind	5	1tsp

Method of preparation:

- Wash Colocasia leaves thoroughly and cut into equal, two pieces vertically.
- Add all the spices in bengal gram flour.
- Add water into the mix till it can be spread.
- Spread over the leaves on one side.
- Roll the leaves carefully.
- Small steel plates are oiled and the mixture is poured into them.
- The plates are kept in water and the pan is covered with a well-fitting lid.
- The *patra* are then steamed for about 20 mins till done.
- Take the *patras* out and cut into 4 equal pieces.
- Sauté the patras with oil and gingelly seeds and spread coriander leaves.

FOS was substituted for bengal gram at 10% (10g FOS + 90g bengal gram flour), 16% (16g FOS+ 84g bengal gram flour) and 20% (20g FOS+ 80g bengal gram flour) level.