PROCESSING OF PEARL MILLET FOR VALUE ADDITION

BRIEF DESCRIPTION:

Millet is relished mostly by the rural population in India for its nutritional value, being a rich source of carbohydrates and minerals, such as calcium, phosphorous and iron. The major millet varieties in India are: (a) sorghum (Sorghum bicolor); and (b) pearl millet(Pennisetum typhoides). Millets are rich source of nutrients. There are certain constraints like coarse skin, undesirable colour pigment presence of anti nutrients, poor keeping quality, etc. which hinder the utilisation of these millets. Various processing methods have been developed and standardised to over-come these constraints and improve the nutritive value of millets. These processing help to improve utilisation of millets for product developed.

SALIENT FEATURES:

- Increasing the shelf life of the processed pearl millets flour to 2-3 months from 5-8 days.
- The shelf life study indicates that the fat acidity, free fatty acids and lipase activity increased by almost four folds.
- Acceptability of colour and appearance in raw pearl millet flour is much lower as compared to processed pearl millet flour.

ADVANTAGES:

Various value added products were developed and standardised using pearl millet, finger millet, barnyard millet and sorghum.

- Preparation of Chapati mix, dhokla mix, idli mix- chapatti mix, dhokla mix, idli mix and pasta developed.
- Pasta - prepared using different proportions of bleached or unbleached pearl millet with Bengal gram seed coat.
- Development of supplementary foods like nankhatai, namkeen matar and popped ladoo, ladoo, Milk powder/soyabean/chickpea flour etc. were also added to improve its nutritive value of the supplements.
- Developed baked products such as - Cake, biscuits, Soup sticks, Rusk, Salt biscuits.
- All the products developed from various proportions of millets are found to be acceptable and nutritious.
- Cost of pearl millet based products is almost 50% of traditional products and are superior in nutrients

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SCALE OF DEVELOPMENT: Ready for licence.

