

Comparative Study on Sensory Acceptability of Normal, Bio-Fortified and Organic Wheat Flour Based Chappatis

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ABSTRACT

Introduction: Chapatis represent a staple Indian flatbread whose sensory quality varies by wheat flour type. This study compares standard, bio-fortified, and organic wheat flours to identify preferences for immediate and delayed consumption.

Aim: The study aimed to develop chapatis using different types of wheat flours, namely standard wheat flour, bio-fortified wheat flour and organic wheat flour by measuring the same amount of wheat flour and also checking the water absorption rate of each and assessed using (9-point) hedonic scale for sensory attributes.

Materials and Methods: The study was done in different phases, including procurement of raw materials, methods of preparation, recipes and procedure. The sensory evaluation and statistical analysis was performed.

Results: The findings revealed that sample c, which was organic wheat flour was more acceptable than the other samples. On comparing the standard wheat flour with the organic, there was a noticeable change in both initially standard was preferred more than the organic one in terms of attributes like (taste, texture, aroma, tearing property, colour and after leaving the chapatis for 4 hours, it was noticed that organic wheat chapati stands out to be the most preferred, meanwhile bio-fortified wheat chapati did retain some of the attributes and also declined in some of them.

Conclusion: Therefore, sample - C, which is organic wheat flour, is the most effective after 4 hours in all the attributes and can be consumed by every individual who used to go to work or anywhere where the chapatis were needed to be consumed after 4 hours

Keywords: Bio-fortified wheat flour, Sensory evaluation, Water absorption rate

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