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Corn instant mix “Boor”: A product with untapped potential for commercialization

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Abstract

The present piece of research is an attempt for quality evaluation of the most popular maize based preparation of Mewar region corn instant “Boor” and its dessert Jhjharia. Standardized preparations were analysed for nutrient composition, sensory and keeping quality by using standard procedures. Boor samples contained 13% moisture, 5% Protein, 28% fat, 1% ash 2% crude Fibre, 48% carbohydrate and 473 Kcal energy. The corresponding values in case of Jhjharia- a dessert prepared by reconstituting the boor with milk were 59, 2, 6, 0.82, 0.2, 31 and 190 Kcal. Jhjharia was found palatable at lower temperature storage of boor. It can be concluded that corn instant mix boor is a nutritious, acceptable, stable product and can be very well used as supplement and convenient food.

Keywords: boor, commercialization, untapped, potential

Introduction

In mewar region of Rajasthan; maize based culinary items are centrally placed in menu and there is a possibility of utilizing the charm of maize based recipe to make them popular across the boundaries of the state.

Maize is mainly consumed in dry form or as flour preparations. In comparison, use of tender cobs as such or its preparations is much lower which if can be suitably utilized using simple processing techniques for developing convenience and promising products can prove to be remunerative. In turn it will enhance its off season use.

Corn instant maize boor is value added food having wide acceptability particularly in the Rajasthan region and has good shelf life.

Corn instant mix boor is prepared by using milky corn cobs.

Materials and Methods

Preparation procedure

Fresh corn cobs---peeled---grated---churned---strained---paste--- roasted---golden brown granular mixture---packing

These are firstly grated, churned, strained to get a paste free from roughages. It is roasted in sufficient amount of ghee till to get granular mixture of golden color. The boor samples were stored in PVC bages both room ($25\pm 5^{\circ}\text{C}$) and refrigerated ($10\pm 2^{\circ}\text{C}$) condition for a period of six months. During this period nutritional, keeping and sensory quality of the products were assessed at monthly intervals using standard methods (AOAC 1965) [1].

Results and Discussions

Findings on acid values show a gradual but steady increase in fatty acid content of the boor sample during entire storage period. The magnitude of increase was less in samples stored during entire storage period. The magnitude of increase was less in samples stored at low temp. This chemical change was also reflected in slight deterioration of flavour, taste, scores of the dessert prepared from the boor samples stored at room temperature for a period of six months where as low temp. Storage was proved to be superior in maintaining the palatability of jhjharia throughout the experimental period.

Here dry maize flour based traditional food items are more frequently prepared by majority of them during winter season where as corn cobs as such for its preparation such as vegetable pakoda, pulav were reported to be consumed during its seasonal availability of the 40% families using processed foam of maize prepare and store boor (40%) roasted grains (30%) and prepare papadi (40%) for its off season use. Remaining higher proportion of

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subjects, owing to the tedious and cumbersome process do not prefer to go far processing of tender maize. Ingbian and Akpapunam (2005) ^[2] reported in a survey on the production, practices and mode of utilization of *mumu*- A traditional ready to eat cereal based food product, that 83% of respondents indicated the use of maize as raw material for *mumu* processing and 35% use sorghum.

Ogi or Pap is local name of a popular western Nigerian semisolid food made from cereals (Commonly sorghum, millet and maize). It is cut in to water and sugar and/or milk added optionally. It is not only used as breakfast, weaning food but also for nursing mother to enhance the milk secretion. (Afolayan *et al.* 2010) ^[3].

Table 1: Nutrient composition of corn instant mix Boor & jhahharia

Nutrient	Boor(g)	Jhahharia (g)
Moisture	13	59
Protein	5	2
Fat	28.6	6.5
Ash	1.1	0.8
Fibre	2	0.2
Carbohydrate	48	31.0
Energy (k.cal.)	473	190

Further inquiry from the families preparing and keeping boor reveals that 25%, 50% and 25% of them were preparing 250g, 250 to 1kg and >1kg quantity of boor respectively.

Here a higher ratio of the subjects keeps it for six months in steel container preferably in the refrigerator. The boor is primarily used by subjects to prepare jhahharia using either milk or water or a mixture of water and milk as a reconstitute. In the response of further query most of them expressed their willingness to purchase the product if made available in the market.

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