

# FLAVORED PANEER

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## Abstract

Flavored Paneer is a traditional dairy product prepared in India which is analogous to an unripe range of cheese that is used in the processing of culinary dishes. Paneer is made by heat and acid coagulation of milk, entrapping all fats. Flavored paneer is prepared by using different flavors such as methi, funnel seed, chili flakes, turmeric powder and coriander powder. The product can be stored at ambient temperature for a week. This project aims with method of manufacturing and shelf life of paneer. The shelf life of product is for 21 days at frozen temperature (-18<sup>0</sup>C).

**Keywords:** Paneer, milk, nutritional value, flavors, shelf life.

## INTRODUCTION

India stands at 2<sup>nd</sup> largest milk producer over worldwide around 112 MT range of production is carried out which is increased by 3.3%. According to ancient day's traditional dairy foods has major role in socially, commercially and health of society.

According to Prevention of Food Adulteration Rules (PFA 2010), *Paneer* means milk taken from cow or buffalo milk by precipitation with sour milk, lactic acid or citric acid. Paneer must not have more than 70% moisture and fat content must not be less than 50% of the dry matter. As per Bureau of Indian Standards (BIS 1983) paneer requires a least possible of 50% fat on dry matter and moisture about 60%.

Paneer belongs to the cheese family which is a mild acidic flavor with slightly sweet taste, soft solid and compact texture. It is an incredible additional for meat in Indian cuisine.

## Benefits of consuming flavored paneer

### 1. Paneer helps in body building

Paneer has linoleic acid that supports in the burning of body fat. The fat deposits in the arteries which lead to heart attacks is decreased by consumption of paneer extremely benefits vegetarians consumers.

## **2. Paneer builds strong teeth and bones**

Paneer contains low level of lactose in it and high amount of calcium that helps in building strong teeth and strong muscles and inhibition of gum decay also aids in prevention of tooth cavities.

## **3. Recovers body metabolism with paneer**

Paneer helps in improving body metabolism rate which controls resistance power in the human body.

## **4. Paneer lessens body and joint pain**

Paneer content omega-3 and omega-6 fatty acids which is nutritious food for aged people those are suffering from body and joint pains.

## **5. Paneer formulae helps for cancer patients**

Paneer contents some quantity of selenium and potassium that prevents from cancer if it is started to emerge. Also high amount of proteins aids in the inhibition of stomach ulcers or colon cancer and ulcers.

## **6. Prevents skeletal deformation**

Paneer helps in the stoppage of skeletal distortion that can lead to joint pains as it contains good amount of Vitamin D and K also improves immune system.

## **7. Paneer increases concentration and memory**

Paneer also have small amount of vitamins like vitamin A, B, D and K out of this vitamin B reliefs in improving memory of children.

## **8. Paneer for glowing skin**

For getting glowing skin paneer consumption helps because it has minerals like

selenium and vitamins.

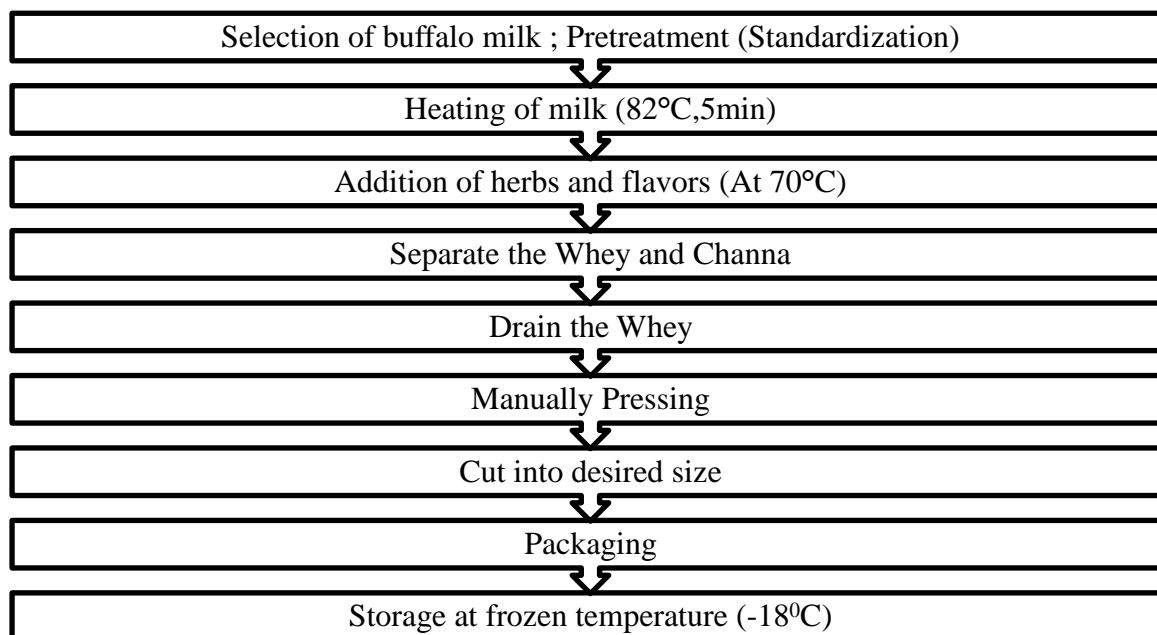
## **MATERIALS AND METHODS**

To prepare flavored paneer the recipe is given below in Table 1.

**Table No. 1. – Different proportion of ingredient used for standardization.**

<b>Ingredients</b>	<b>T0</b>	<b>T1</b>	<b>T2</b>	<b>T3</b>	<b>T4</b>	<b>T5</b>
Buffalo milk	98 ml	90 ml	88 ml	86 ml	85 ml	89 ml
Lemon juice	2 ml	5 ml	7 ml	9 ml	10 ml	12 ml
Flavors (5gms)	–	Methi and Funnel seed, Chili Flakes	Methi, Funnel Seed	Methi	Coriander powder	Curry powder, Turmeric Powder

## **MANUFACTURING OF FLAVORED PANEER**



**Figure: 1 Production of Flavored Paneer**

## RESULT AND DISCUSSION

### 1. To standardize the ingredients for the preparation of flavored paneer

#### Sensory Evaluation:

The sensory evaluation judged the panelist on the basis of hedonic rating scale.

**Table No 2 Sensory Evaluation by Consumer 1**

Parameter/T	T0	T1	T2	T3	T4	T5
Appearance	8	8	8	8	7	8
Texture	8	9	7	9	8	8
Flavor	7	9	8	7	7	8
Taste	8	9	8	9	8	9
Overall acceptability	7.1	<b>8.0</b>	7.0	7.6	7.5	6.2

**Table No 3 Sensory Evaluation by Consumer 2**

<b>Parameter/T</b>	<b>T0</b>	<b>T1</b>	<b>T2</b>	<b>T3</b>	<b>T4</b>	<b>T5</b>
Appearance	9	8	8	8	7	8
Texture	7	8	7	8	8	6
Taste	8	9	8	9	6	7
Flavor	6	8	7	7	9	8
Overall acceptability	7.5	<b>8.2</b>	7.5	7.6	8.0	7.2

**Table No 4 Sensory Evaluation by Consumer 3**

<b>Parameter/T</b>	<b>T0</b>	<b>T1</b>	<b>T2</b>	<b>T3</b>	<b>T4</b>	<b>T5</b>
Appearance	8	9	8	8	7	6
Texture	7	8	7	7	8	8
Flavor	8	9	7	7	7	9
Taste	7	8	8	8	7	7
Overall acceptability	7.5	<b>8.5</b>	7.1	7.5	7.2	7.5

The T0, T2 and T3 are white in color as compared to T1. The appearance, taste, mouth feel is better as T0, T1, T3, T4 and T5. The taste of all samples were rated slightly higher in T1 sample which is 8.0 there was no perceptible off- taste or off- aroma in the sample.

**2. To study the shelf life of flavored paneer**

**Table No 5. Shelf life study of flavored paneer**

<b>Duration</b>	<b>Sensory analysis</b>	<b>Result</b>
7 days	Taste, Flavor and Odor	The product has good test
15 days	Taste, Flavor and Odor	The product has little bite off flavor
30 days	Taste, Flavor and Odor	The product has off odor

## **CONCLUSION**

Flavored paneer is acid coagulated milk product prepared by addition of coagulant by using citric acid. In sample T1 the methi has a benefit for lowering bold sugar levels, boosting testosterone, and it may also reduce cholesterol level. Fennel seed are highly nutritious and improves heart health and reduces inflammation. Regular consumption helps in preventing osteoporosis. Therefore, the sample T1 is suggested. This contains good amounts of calcium, magnesium and phosphorous and small amount of vitamin-D,

Flavored paneer ensures sufficient nutrients available for growth in children. As per recommended dietary allowances (RDA), daily intake should be 1000 milligrams for adult man. The shelf life of flavored paneer is at room temperature is one days and at frozen temperature (-18<sup>0</sup>C) is at more than 21 days.

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