

FLAVORED PANEER

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Abstract

Flavored Paneer is a popularly indigenous dairy product of India, is similar to an unripe variety of cheese which is used in the preparations of variety of a culinary dishes and snacks. It is obtained by heat and acid coagulations of milk, entrapping almost all fats. Preparations of flavored paneer by using different flavors such as methi, funnel seed, chili flakes, turmeric powder and coriander powder. Flavored Paneer keeps well for about a day at ambient temperature and for about week under refrigeration. The review deals with the history, method of manufacturing, physio-chemical changes during manufacturing, chemical composition, packaging and shelf life of paneer. The shelf life of product is for 21 days at frozen temperature (-18⁰C).

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

INTRODUCTION

India is the largest milk producer in the world with a production of 112 MT, which increased by 3.3% in the last economic. About 55% (61.60 MT) of the total production is buffalo milk. Traditional dairy products have played an important role in social, economic and nutritional well-being of society.

According to Prevention of Food Adulteration Rules (PFA 2010), *Paneer* means the product obtained from cow or buffalo milk by precipitation with sour milk, lactic acid or citric acid. It shall not contain more than 70% moisture and the milk fat content shall not be less than 50% of the dry matter. Milk solids may also be used in preparation of the product. Bureau of Indian Standards (BIS 1983) also specifies a minimum of 50% fat on dry matter basis but a maximum of 60% moisture.

Paneer signifies one of the soft ranges of cheese family and is used in culinary dishes or snacks. Paneer is described as a mild acidic flavor with slightly sweet taste, soft solid with compact texture. It is an incredible substitute for meat in Indian cuisine.

Health benefits of Paneer

1. Paneer helps in body building

Paneer is a great source of linoleic acid, and this acid helps in the burning of body fat. The fat deposits in the arteries that lead to heart attacks can be reduced by intake of it and this is where paneer enormously benefits strict vegetarians.

2. Paneer builds strong teeth and bones

Paneer has a large dose of calcium that helps in building strong teeth and strong muscles. Paneer helps in inhibition of gum decay. The low level of lactose content in paneer also aids in prevention of tooth cavities.

3. Improves body metabolism with paneer

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

4. Paneer reduces body and joint pain

Paneer can reduce body pains and it works wonders for the person who is suffering from lower back pain. The presence of omega three and omega six fatty acids in paneer help in combating arthritis and benefit aged people who have trouble walking and are suffering from joint pain.

5. Paneer recipes for cancer patients

The presence of selenium and potassium in paneer keeps the body healthy and prevents cancer. It even helps in combating cancer if it has started to develop. The occurrence of proteins helps in the prevention of stomach and colon cancer.

6. Prevents skeletal deformation

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

7. Paneer Improves concentration and memory

The presence of vitamin B in paneer helps in developing cartilages and vitamin B which helps in improving memory of children.

8. Paneer for glowing skin

People spend a lot of money to get a glowing skin, and this is where the paneer would benefit. The presence of selenium and other vitamins helps the person to get glowing skin.

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.

Ingredients	T0	T1	T2	T3	T4	T5
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

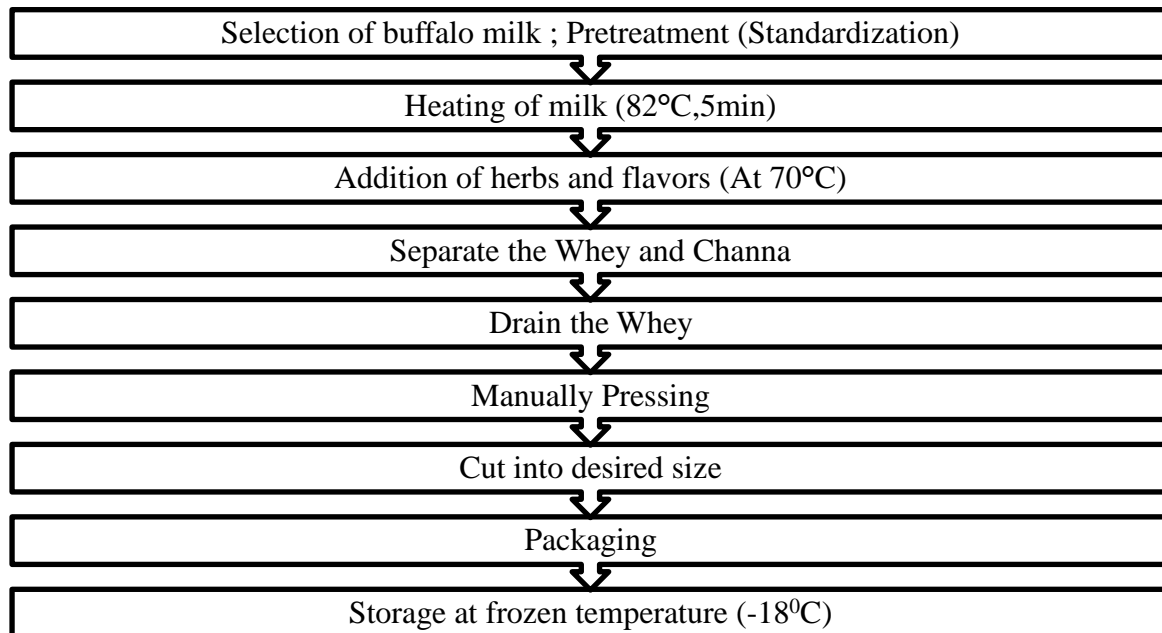


Figure: 1 Production of Flavored Paneer

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	8.0	7.0	7.6	7.5	6.2
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Table No 3 Sensory Evaluation by Consumer 2

Parameter/T	T0	T1	T2	T3	T4	T5
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	8.2	7.5	7.6	8.0	7.2

Table No 4 Sensory Evaluation by Consumer 3

Parameter/T	T0	T1	T2	T3	T4	T5
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	8.5	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

Duration	Sensory analysis	Result
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 (-18⁰C) is at more than 21 days.

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