

High-Protein Soy-Cereal Ready Mix for the preparation of Kesribhat, Upma, Porridge and others

INTRODUCTION

It is a ready-to-prepare or ready-to-cook high protein coated cereal grit prepared with defatted soybean flour using an appropriate technology. Using the above product, several traditional oriental foods such as halwa or kesari bhath, rawa laddu, upmav or traditional European foods such as porridge can be prepared. Soybean meal, being known for its high quality and quantity of protein, can be fortified with cereal grits, such as corn and wheat, without any detectable beany flavour. The process of preparation is not only simple but also cost-effective. The product is also suitable as a convenience and or supplementary food for nutritional intervention programme, or as a health food, or even as a breakfast cereal food such as upmav and puliogare, or as sweets like kesari bhath or halwa, kheer, rava laddu etc, or as a specialty food for patients, sports persons, etc where protein demand is high. Quick reconstitution ability of the developed product prior to further use or consumption is a worth mentioning advantage. In addition, the product has a good shelf life of more than 4 months.

RAW MATERIAL

Corn grits, Defatted soybean flour

PROCESS:

Cereal grit → Roasting → Add hot aqueous solution of additives → Sprinkling with defatted soy flour → Partially coated wet cereal grit → Repetition of coating process → Coated wet cereal-soy grit → Drying & Sieving → Coated cereal-soy grit

EQUIPMENTS:

Major equipments are Destoner cum cleaner, Sieve shaker/grader, Roaster, Water heater, Ribbon blender, Drier, Heat sealer

Capacity of Plant	1 Ton product / Day (2 shifts)
Land	500 M ²
Building	188 M ²
Plant & machinery	Rs.4,85,000