

BUCKWHEAT NOODLES/PASTA



INTRODUCTION

Buckwheat noodles/pasta are similar to wheat noodles/pasta which have long strands with hard and crisp texture in the dried form. They are consumed after being cooked in boiling water and seasoned with spices or sauces. It is a ready to cook product and the moisture content of the product is in the range of 5-8 %. It is made from a composite of buckwheat (*Fagopyrum esculentum*) flour and wheat flour having unique flavour and texture. The noodles have better protein quality, higher dietary fiber, more minerals content and antioxidant property as compared to the common wheat noodles or pasta. It has a well-balanced amino acid composition especially rich in essentials types. The dietary fiber content is high (7-9%) and is rich in bioflavonoids particularly rutin and quercetin.

USES

Buckwheat noodles/pasta are convenient and versatile extruded product which can be cooked in short time. The cooked noodles/pasta can be taken with seasonings of spices, vegetables and sauces. It can be used as a meal or a snack.

MARKET POTENTIAL

There is a growing demand for buckwheat noodles/pasta in the market. Recently, imported buckwheat noodles from other Asian countries are seen in the market being sold at high price which indicates that there is market potential. It can serve as an import substitute in Indian market.