

CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE

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FIBER ENRICHED RUSK

Introduction

A **rusk** is a hard, dry biscuit or a twice-baked bread. It is sometimes used as a teether for babies. Rusk, a crispy item is usually consumed with tea or as it is consumed. It is being sold in bakeries, tea shops and in super markets as a quick snack. These can be marketed through bakeries, departmental stores and restaurants. The rusk samples are of rectangular or in semi-circular in shape having golden brown crust and fairly brown crumb colour and grain with crisp texture, pleasant aroma and are shelf stable for 3 months if stored in cool and dry place. Once opened the sample should be stored in airtight container.

Uses

The fiber enriched rusk adds to the variety of rusk which is rich in fiber and are prepared from whole grains. This also gives scope for diversification. It is prepared from whole grains hence increases the fiber and protein in the product. This product comparatively has higher protein digestibility when compared to the normal rusk. Production of the fiber enriched rusk can be adopted easily by the existing units.

Marketing

The potential for rusks in India in view of several advantages it offers is very large. The estimated growth rate though 10%, can provide scope for more number of varieties and can be easily marketed. This can act as a vehicle for the nutrition propagation either to the common group or to the targeted population. This product adds to the category of health /therapeutic products.

Process

Fiber enriched rusk is made from whole grains and natural ingredients based on yeast leavening action. The ingredients are mixed, processed, baked in rotary or deck oven. After cooling they are sliced and rebaked till the moisture is around 2 to 4%.

Plant & Machinery

Major equipments required are Flour sifter, Mixer, Moulding machine, Baking oven, Cooling conveyor, Slicer and a Packaging machine

Project Cost – Fixed Cost – Working Capital (in Rs.‘000) (Estimate for a model project)

Land & Building – existing bakery, Plant and machinery 4.8 Lakhs, Miscellaneous fixed assets 1 Lakh, Pre-operative expenses 0.6 Lakhs, Working capital margin 1 Lakh, Total Project cost 9.4 Lakhs

Production Capacity- (estimate)

Suggested economic capacity: 128 kg / day, Working : 300 working days/ year Capacity : 38400 kg /annum Optimum utilization capacity: 70%

Technology/Manufacturing Process – Availability The technology for the manufacture of fiber enriched rusk has been developed at CSIR- CFTRI, Mysore, using appropriate equipment for optimal product recovery of right quality. Further the technical assistance and guidance for setting up the project is provided.