

CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE MYSORE – 570 020

Production of high fiber semolina (sooji/rava)

Use: High fiber semolina can be used to prepare the foods like upma, puddings like halva and rava dosa. Upma is a common breakfast dish in Indian, Sri Lanka and Pakistan, cooked as a thick porridge from dry roasted semolina. The halva refers to many types of dense, sweet confections made from wheat semolina. Semolina based halva, produced and served in India, Nepal, Bangladesh, Pakistan, Afghanistan and surrounding countries. High fiber semolina also can be used for the rava idli, pasta preparation.

Specification: There are no specifications laid down by the statutory agencies for high fiber semolina. However, the following specifications may be considered apt for all practical purposes:

- i) The semolina shall be produced from sound and clean grains. It shall have a characteristic taste and smell.
- ii) The product shall be free from musty or other off odour, insect or fungus infestation, rodent contamination, dirt and other extraneous matter.
- iii) The product should have an agreeable flavor, and shall be free from rancid taste or disagreeable odour.
- iv) The food shall be manufactured, packed, stored and distributed under hygienic conditions in licensed premises (No. IS: 2491-1972).

Market potential: High fiber semolina product features a combination of wheat and soya semolina with a beneficial nutritional profile. The health and wellness food market in India has witnessed significant growth over the past few years. A number of food manufacturers are introducing healthier variants of their existing products. Thus the high fiber semolina developed is having increased demand in the market.

Raw materials: Wheat semolina, oat, dehulled barley, dehusked barnyard

Process parameters: Semolina milling, Purification of semolina, Blending of high fiber semolina.

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