

CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE MYSORE – 570 020

Instant upma, halva & rava idli mix from multigrain semolina

Introduction: Multigrain semolina based Instant *upma*, *halva* and *rava idli* mix are ready to cook products. *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 types of dense, sweet confections made from wheat semolina. Semolina based *halva*, produced and served in India, Nepal, Bangladesh, Pakistan, Afghanistan and surrounding countries. *Rava idli* is a variation of popular south Indian breakfast item idli, made from the rava.

Market for products – present and potential: In India, the demand for Ready-to-cook (RTC) food products has been increasing over the last few years on account of busier lifestyles and rising income levels of consumers. With considerably rising employment opportunities in the country's urban set-ups, India has been witnessing continuing migration of a large number of people from its rural and semi-urban pockets to tier 1 and tier 2 cities. This has been consequently providing a huge impetus to RTC food products market in India. Due to cultural diversities, companies are increasingly focusing on launching regional RTC products. Another factor driving the penetration of RTC food products is their easy availability across major retail chains, hypermarkets and supermarkets in the country. RTC segment share is expected to grow around 20-25 per cent over the next five years.

Raw materials: Multigrain semolina, mustard, vegetable oil, green chillies, Bengal gram dhal, ginger powder, curry leaves, lemon powder and salt etc.

Process: Roasting, Blending, Frying and blending.

Equipment's: Roaster cum blender, Multiple Trays, Foot Operated Sealing Machines are major equipment's.