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Preparation of ready-to-cook carrot halwa from dried carrot shreds

Objective: Preparation of ready-to-cook carrot halwa from dried carrot shreds.

Methodology: Fresh orange carrots were purchased from local market, Amritsar. The carrots were washed, trimmed and peeled manually with knife and grated. Condensed milk, Milk Powder, Desi Ghee, Cardamom Powder were procured from local market, Cabinet Drier was used for the drying of carrot shreds. Ready to Cook or convenience food was developed by replacing fluid milk with milk powder and condensed milk. Dried carrot shreds were divided into two lots where blanching treatment was given before and after grating and then the product was prepared. Both of these treatments also varied cooking time and consumer acceptability. Milk powder and condensed milk were added individually and in combination and, then evaluated for consumer acceptability.

Results and Conclusion: Ready to cook Gajar ka Halwa was prepared from dehydrated carrots. Carrots grated prior to blanching gave bright orange colored products whereas carrots which were grated followed by blanching gave dark coloured product. Formulation having condensed milk and milk powder was accepted. Peroxidase test was negative after 2 minutes of blanching. Other quality tests were also performed.



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Biography

Dr. Amritpal Kaur has done Graduation and Post-graduation in Food Technology and completed PhD Food Technology from Guru Nanak Dev University under the supervision of Prof. Dalbir Singh Sogi. Her area of research is biosynthesis, stability and application of bio-pigment from carrot. She is presently working as an Assistant Professor at the Department of Food Science and Technology, Khalsa College, Amritsar.

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