

Fibre Enriched Rusk

Bakery industry is one of the largest organized food industries all over the world and in particular, biscuits, cookies, cakes and rusks are among the most popular products because of their convenience, ready to eat nature and long shelf life. The ever growing consumer demand for high quality and healthy foods is a challenge for the baking industry to develop bakery products with improved sensory, nutritional attributes and extended shelf life. Bakery products, in general and largely are produced from refined wheat flour as it imparts essential functional as well as sensory characteristics in making quality products. However, refined wheat flour is a poor source of dietary fibre. Increasing the dietary fibre content of bakery product could be one of the strategies to promote health benefits. Bakery products of composite flour have many fold advantages, apart from extending the availability of wheat flour and they are looked upon as carriers of nutrition. There is a great opportunity for employing wheat with other fibre rich cereal and millets for development of fibre rich bakery products.

Rusks are ideal for nutrient availability, palatability, compactness and convenience. They differ from other bakery products like bread and cakes because of having low moisture content, comparatively free from microbial spoilage and long shelf life of the product. Rusk is widely consumed in all the countries and nutritionally it can be easily fortified with fibre rich flour to provide convenient food to supplement the dietary fibre.

A wide variety of fibre sources have been developed for use in various foods to provide more fibre. Low dietary fibre intake has been associated with a variety of diseases such as diverticular disease, constipation, appendicitis, diabetes, obesity, coronary heart disease and bowel cancer.

Hence, Response Surface Methodology was employed to optimize recipe for preparation of fibre enriched rusks by employing flours of different food grains.

Advantages:

Consumption of high fibre rusks may reduce the risk of diverticular disease, constipation, appendicitis, diabetes, obesity, coronary heart disease and bowel cancer etc. These rusks have great market potential due to increase in health consciousness of consumers.