

Preparation of quick cooking Green gram

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Green gram (*Vigna radiata*) is a low cost nutritious food. The major drawback for use of Green gram is the long cooking time. This study was undertaken to find out the minimum changes to organoleptic properties in Green gram. Samples of eight different treatments with three replicates were prepared while taking into account of three variables, soaking (cold water at 30 °C & hot water at 70 °C for 12 & 3 hours (h), respectively), blanching (steaming for 3 min & none), and an alkali treatment (with & without 0.5% Sodium bicarbonate). The samples of each treatment were dried in an oven at 70 °C for 3 h. Experimental design was three factor factorial design (2 x 2 x 2).

The cooking time was determined by feeling of softness of Green gram. It was found to be vary from 13 min to 45 min; depending on the treatment. A sensory evaluation was conducted using 9 point Hedonic scale to evaluate color and taste of the product. The data analyzed by Friedman non-parametric statistical method, revealed that best organoleptic properties were observed in the sample subjected to cold soaking with 0.5% NaHCO₃ for 12 h, followed by 3 min steam blanching. The same treatment cited a minimum cooking time of 13 min too. Hence, cold soaking with 0.5% NaHCO₃ followed by steam blanching for 3 min and drying at 70 °C for 3 h could be recommended for processing of quick cooking Green gram.