

Influence of varietal differences on sensory qualities of local rice based food products

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Our ancestors had healthy lives with rice-based foods and rice was the major sources of calories and proteins. Now it is the time to correct the historical mistake made by us, which is the consumption of bread and wheat-related food. Wheat that we eat is not nutritious. Unfortunately, the most nutritious part of the wheat that we eat has been extracted and taken away. We eat only the remnants and import diseases, such as blood pressure, diabetics and other complicated ailments. We spend billions of dollars as our foreign exchange for wheat, while we are self-sufficient in rice, which is very nutritious. It is not difficult to make rice-based products. The quality of the rice based food products may change on content of Amylose and Amylopectin and contents of other nutrition. The composition of rice flour varies according to the grain variety and it affects to quality of rice based food products. A study was carried out at the Rice Research and Development Institute (RRDI), Batalagoda, to identify varieties for different local rice base food products. Six popular rice varieties (Bg 300, Bg 352, Bg 358, Bg 360, Bg 94-1 and, Bg 403) were used to prepare of milk rice, pittu, hoppers, string hoppers and kokis. Methods, which were used in preparation of each product, were the normal traditional procedure. A panel consisting of thirty sensory panelists evaluated sensory qualities of five different rice based food products made up using six varieties, for combination of taste, appearance, aroma, mouth feel and overall acceptability. According to statistically analyzed the data, There is significant difference in sensory quality characteristics between varieties and local rice food products. The study showed that found majority of people preferred for; Milk rice- Bg 300> Bg 352 , Pittu - Bg 94-1>Bg 358, Hoppers- Bg 403> Bg 300 , String hoppers - Bg 358> Bg 94-1 and Kokis- Bg 94-1>Bg 300 varieties respectively. Majority of people less preferred food products, which prepared from Bg 360, except pittu.

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