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Development of an instant Mung-kiribath mix

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Mung-kiribath is prepared conventionally by cooking green gram and rice up to a certain extent and then by cooking further with coconut milk and salt. When green gram is used, it should be either soaked for several hours in water at room temperature or cooked for several minutes prior to cooking with rice for softening the green gram. This Mung-Kiribath preparation process is time consuming and cumbersome. Thus, it is important to offer a quick cooking convenient format of Mung-kitibath mix which provides the essential traditional taste and also suits today's busy life-style. Hence, this study was carried out to formulate an instant mix for mung-kiribath, and also to evaluate the shelf-life of the product.

Quick cooking rice was prepared by heating (93 °C, 15 min.), and immerse cooking in water (92 °C, 11 min.), then steaming (atmospheric pressure, 10 min.), and drying (first at 121 °C, 1 hour then at 60 °C, 3 hours). Quick cooking green gram was prepared by soaking (0.5 % NaHCO₃, 12 hours), and steaming (atmospheric pressure, 10 min.), then freezing (-15 °C, 10 hours), and drying (first at 150 °C, 30 min., then at 70 °C, 3 ½ hours). The instant mix was formulated with 70% quick cooking rice and 30 % quick cooking green gram. The storability of the mix together with commercially available coconut milk powder sachets was tested under ambient conditions after packing in polyvinyl chloride boxes, polypropylene bags, and polyethylene terephthalate - linear low density polyethylene laminated bags. During storage period physico-chemical, microbiological, and sensory qualities of the samples were evaluated initially and monthly up to three months period.

The developed instant mix could be converted into a highly acceptable form of Mung-kiribath within fifteen minutes. The storage study revealed that the product could be stored in any of the three types of packaging material for more than three months period with remarkable results.