

DEVELOPMENT AND EVALUATION OF RECIPE FOR PREPARATION OF READY TO SERVE RICE FLAKES

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Rice is consumed mainly as the staple food and commercial rice products are very limited. As breakfast cereal rice flakes are not famous among Sri Lankan except north and south region in Sri Lanka. Therefore a study was undertaken to develop a spicy and sweet recipe using rice flakes and to evaluate the suitable packaging materials for developed product. Sweet recipes were developed with different ratio of grated coconut, rice flake, melted jaggery, cashew nut and sesame seeds, while spicy recipes were developed using rice flakes, salt, onion and peanut different amount. Sensory evaluation of developed recipes was conducted to select the best treatment for both spicy and sweet rice flakes product separately. Selected recipe are analyzed for physico-chemical properties, vitamin B complex and initial microbial load. The two recipes were packed using polyvinylchloride and polystyrene and stored under refrigerated and ambient temperature condition. Total plate counts of stored samples were measured at one week intervals for the one month period. Sweet recipe containing 100g of rice flakes was selected as the best while recipe containing 40g of rice flakes was selected as the best spicy recipe. Sweet recipe was higher in fat and fiber than spicy recipe. Sweet recipe recorded the highest vitamin B content. Under ambient conditions spicy recipe with polyvinyl chloride packaging material could be stored up to 27 hours while under refrigeration conditions it could be stored up to 31 days without quality deterioration. Sweet recipe with polyvinylchloride packaging materials under refrigeration condition could be stored up to 21 days. Ready to serve spicy and sweet type rice flakes could be effectively stored with polyvinylchloride packaging material under refrigeration conditions for one month period without quality deterioration.

Key words: Recipe, Ready to serve rice flakes, Spicy, Sweet