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Development and Sensory Evaluation of Banana Cookies

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ABSTRACT

Banana is an important food crop of many tropical and sub-tropical region of India. It is highly nutritious and easily digestible than other fruits. This fruit is available throughout the year with varying prices and quantity. Thus there is an urgent need to develop new innovative products from banana to overcome post-harvest losses of banana because banana has a short shelf life. Banana cookies were prepared by using various banana preparation and a laboratory experimentation was undertaken in the food laboratory of Dr PDKV Agriculture Engineering College, Akola in Maharashtra state. The nutritive value of banana cookies as mentioned in the table was worked out. The Banana cookies was prepared by using by using Ripen banana, Raw banana and banana powder. Sugar, vegetable oil / Vanaspati ghee nuts and their sensory evaluation was carried out. The evaluation of sensory quality indicated that the various types of banana cookies prepared were found to be very good in appearance, flavor, taste, texture, mouth feel and acceptability.

Keywords- Banana cookies, sensory evaluation, standardization.

INTRODUCTION :

The productivity of banana in India is 34 tons/ hectare. Maharashtra has productivity of 60 tons/ hectare. Jalgaon district is famous of banana cultivation with an area of 52000 hectare with average productivity of 60 - 70 tons / hectare and tops in production and productivity of banana in India. This is 1/3 of total production of the country. Jalgaon is a nearby district to Akola. One benefit of green banana is the high resistance starch content. Patient suffering from type 2 diabetics can eat the unripen fruit. The unripe banana are also have pro-biotic bacteria. Green banana also help absorb nutrient particularly Calcium.

A cookies is a baked or cooked food that is typically small flat and sweet. It usually contains flour sugar and some type of oil or fat. It may include other ingredients such as raisins, oats , chocolate chips , nuts etc. Some cookies may also be named by their shapes such as dates, squares and bars.

METHODOLOGY :

The study was undertaken at Dr PDVK Food Lab Of Agricultural Of Engineering College , Akola city of Vidharbha region of Maharashtra state. The banana used for cookies were raw, ripen & powder form. The ingredient mixed are given in following table.

Table 1-Banana Cookies Recipes

S.No	Ingredients	S1(ripen)	S2(raw banana)	S3(Banana powder}
1	Banana	20 gm	20 gm	20 gm
2	Maida	100 gm	100 gm	100 gm
3	Powder Sugar	50 gm	50 gm	50 gm
4	Melted Ghee	50 gm	50 gm	50 gm
5	Gram flour	20 gm	20 gm	20 gm
6	Semolina	20 gm	20 gm	20 gm
7	Baking powder	1 tsp	1 tsp	1 tsp
8	Cardamom	½ tsp	½ tsp	½ tsp
9	Milk powder	2 tsp	2 tsp	2 tsp

Results and Discussion :

Table 2-Nutritive Value of Banana Powder Cookies

SN o	Ingre-dients	Quantity	Carbo-hydrate (g)	Protein (g)	Fat(g)	Calciu m (mg)	Phospho rus (mg)	Iron (mg)
1	Banana powder	20gm	14.8	1.48	0.22	10.6	30.6	0.69
2	Maida	100gm	74.0	11.0	1	23.0	121	0.3
3	Sugar	50gm	49.7	-	-	199	6	0.75
4	Ghee	50gm	-	-	50	-	66.2	-
5	Besan	20gm	11.96	4.2	1.12	11.2	20.4	1.06
6	Suji	20gm	15	2.1	0.2	3.2	13	0.32
7	Milk	10	0.5	0.43	0.65	21	-	0.02
	Total	270	165.9	19.21	53.19	122.9	75	251.17

Table 3 - Mean values of Attributes Variations:

Attribute Variation	Appearance	Flavor	Taste	Texture	Mouth feel	Color	Overall	Mean
S1 [ripen]	5.25	5.25	5.0	4.75	5.0	5.0	6.0	5.11
S2 [raw]	6.0	5.75	5.25	5.25	6.25	5.0	5.5	5.52
S3 [Powder]	8.5	8.5	8.75	8.5	8.75	8.5	8.75	8.36
F- test	Non Significant							

The result depicted in table 3 the mean scores by the judges for various sensory characteristics are presented for varieties of banana cookies for appearance. The mean score was observed for overall The average of score for all attributes was observed for S1 - 5.11, 5.25 for S2 and for S3 it was 8.36 .

Conclusion :

The banana powder cookies were prepared after extensive trials and combination finally their recipe were finalized and standardized. It was conclude from above data that thus the value are non-significant for all the test for banana cookies, but S3 banana powder cookies scored highest for mean score of all the attributes of sensory evolution.S3 banana powder cookies were finally selected.

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