

Effect of fenugreek seed powder incorporation on farinographic and baking quality of wheat flour

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ABSTRACT : Fenugreek seeds, a food with known ability to lower blood sugar are limited in use by its bitter taste and strong flavor. In this study, the effect of incorporation of fenugreek seed powder (FSP) on farinographic curve characteristics and bakery products like bread, cookies and chapattis at different levels 0, 0.25, 0.5, 0.75, 1.0 and 1.25% was investigated. Water absorption of dough varied non-significantly, whereas softening of dough improved and development time for dough was increased. Specific volume of bread and puffing height of chapattis was improved at higher levels of FSP and dough handling was observed smooth for all products. Inclusion of FSP improved the sensory parameters of all bakery products. The optimal level of incorporation of FSP based on baking and sensory parameters for bread, cookies and chapattis were 1.25%, 0.75% and 1.0%, respectively.

Key Words: Fenugreek seed powder, Farinograph, Bread, Cookies, Chapattis, Water absorption