



Appendices



APPENDIX I

STANDARD RECIPES OF FOOD PRODUCTS

The standard recipes of the food products (*chapati*, *thepla*, *dhokla* and *patra*) to study the acceptability trials of varying levels of fructooligosaccharide incorporation by substitution are follows:

I. *Chapati*

Ingredients	Amount(g)	Volume/no.
Wheat flour	100	1 ¼ bowl
Water (as required)	100ml	1 bowl

Method of preparation

- Add water gradually to flour and knead till it becomes soft and smooth.
- Divide into 5 equal portions and make into smooth balls with the help of fingers and palm.
- Roll into uniformly thin round sheets.
- Roast on hot *tawa* and let it remain for few seconds.
- Turn and wait till the side on the *tawa* has a few brown marks.
- Turn and place the *chapati* on the flame to puff.

FOS was substituted for wheat flour at 6% (6g FOS + 94g wheat flour), 10% (10g FOS + 90g wheat flour), 16% (16g FOS + 84g wheat flour) and 20% (20g FOS + 80g wheat flour) level in *chapati*.

II. Thepla

Ingredients	Amount(g)	Volume/no.
Wheat flour	80	1 bowl
Bengal gram flour	20	1/4 th bowl
Water (as required)	80ml	3/4 bowl
Fenugreek leaves	50g	1 bowl
Groundnut oil	10ml	2tsp
Garlic-ginger-chilli paste	10g	2tsp
Spices	2g	-

Method of preparation

- Mix all the ingredients together.
- Add water gradually to flour and knead till it becomes soft and smooth.
- Divide into 5 equal portions and make into smooth balls with the help of fingers and palm.
- Roll into uniformly thin round sheets.
- Shallow fry on hot *tawa* and let it remain for few seconds.
- Turn and wait till the side on the *tawa* has a few brown marks.

FOS was substituted for wheat flour at 6% (6g FOS + 94g wheat flour), 10% (10g FOS + 90g wheat flour), 16% (16g FOS + 84g wheat flour) and 20% (20g FOS + 80g wheat flour) level in *thepla*

III. *Dhokla*

Ingredients	Amount(g)	Volume
Bengal gram+Semolina	100	1 ¼ bowl
Curd	70	1 bowl
Oil	10	2tsp
Water	20	1 ^{1/4} Tsp
Spices	2	-

Method of preparation:

- Bengal gram and semolina mix was soaked in curd for 2 hours.
- Add rest of the condiments to the mixture and mix well.
- Some water is kept boiling in a vessel.
- Small steel plates are oiled and the mixture is poured into them.
- The plates are kept in water and the pan is covered with a well-fitting lid.
- The *dhoklas* are then steamed for about 15 mins till done.

FOS was substituted for mixed bengal gram and semolina at 10% (10g FOS + 90g mixed flour), 16% (16g FOS+ 84g mixed flour) and 20% (20g FOS+ 80g mixed flour) level.

IV. *Patra*

Ingredients	Amount(g)	Volume
Colocasia leaves	60	-
Bengal gram flour	100	1 ¼ bowl
Oil	10	2tsp
Water	20	1 ¹ / ₄ Tsp
Spices	2	-
Gingelly seeds	5	1tsp
Coriander leaves	10	2tsp
Tamarind	5	1tsp

Method of preparation:

- Wash Colocasia leaves thoroughly and cut into equal, two pieces vertically.
- Add all the spices in bengal gram flour.
- Add water into the mix till it can be spread.
- Spread over the leaves on one side.
- Roll the leaves carefully.
- Small steel plates are oiled and the mixture is poured into them.
- The plates are kept in water and the pan is covered with a well-fitting lid.
- The *patra* are then steamed for about 20 mins till done.
- Take the *patras* out and cut into 4 equal pieces.
- Sauté the *patras* with oil and gingelly seeds and spread coriander leaves.

FOS was substituted for bengal gram at 10% (10g FOS + 90g bengal gram flour), 16% (16g FOS+ 84g bengal gram flour) and 20% (20g FOS+ 80g bengal gram flour) level.