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ABSTRACT

Sri Lanka is importing wheat flour for making bread, rolls, biscuits and other pastry products. Hence, this study was undertaken to find out the possibility of replacing the wheat flour for making baked foods, especially biscuits with locally available non-wheat flours using cassava and soybean flour with high nutritional quality. Biscuits were made using Wheat Flour (WF) and different levels of Cassava Flour (CF) and Sprouted Soybean Flour (SSF) and measured some quality and sensory attributes. There was no significant difference (p>0.05) in color, odor, taste, and overall acceptability of biscuits prepared from 100% WF and all other composite flour blends. However, increased levels of CF resulted in decrease in the protein content of the product. The moisture contents of all treatments showed recommended amounts for safe shelf-life. Addition of SSF to CF increased protein, fat and ash contents while decreasing moisture, energy value and carbohydrate. It was revealed that a biscuit with high protein and mineral content with low energy value can be produced by using cassava and soybean flour at a ratio of 70% and 30%, respectively. It was also revealed that microbial load of biscuits was in the acceptable limit for a period of three months from the date of manufacturing.

Key words: Cassava flour, Sprouted soybean flour, Biscuits