Pumpkin incorporated nutritionally rich burger bun

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Abstract

Bun is a ready to eat food consumed by people and also they are adapted to such easy foods with their busy life styles. Bun is usually made using wheat flour, which contains mainly carbohydrate but lack of other nutrients. Therefore, fortification of such foods with a source of high nutritional value is important to overcome nutritional imbalance of consumers. Research are found in literature on bakery products fortified with other grains and pulses however, very few bakery products are fortified with vegetable pulp or flour. Pumpkin is a nutrient source which is rich in β carotene, vitamin A and having considerable content of other vitamins and minerals. Last few years, considerable over production of pumpkin was recorded arising the timely need of value addition on pumpkin. This study was undertaken to develop value added bakery product; Burger bun incorporating pumpkin flour or pumpkin pulp in addition to wheat flour. As basic ingredients, wheat flour, sugar, yeast, bread improver, salt, margarine and milk powder were used with different levels of pumpkin flour or pumpkin pulp. Two levels of pumpkin pulp (15%, 25%) and two levels of pumpkin flour (10%, 20%) were selected through preliminary trials. Sensory evaluation was conducted for appearance, colour, aroma, taste, texture and overall acceptability using 7- point hedonic scale test to select best level of pumpkin pulp / flour. Burger bun incorporated 25% of pumpkin pulp recorded to have significantly higher sum of rank with respect to overall acceptability and texture. The highest sum of ranks for appearance, colour and taste was recorded by 25% pumpkin pulp incorporated bun. But, there was no significant difference at 0.05 probability level. According to the results, it can be concluded that 25% of pumpkin pulp can be incorporated in burger buns to improve the nutritional value and sensory acceptability.

Key words: Burger bun, Nutritional value, Pumpkin flour, Pumpkin pulp, Ready to eat

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