## CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE MYSORE – 570 020

# **COMPOSITE RAGI RUSK**

### **INTRODUCTION**

In view of the trends in diversification of bakery products and important of health bakery products composite bread containing millets such as Ragi has great scope. It is not only gives touch of the local taste but also contribute to the variety as well as nutrition, Ragi is particularly rich in calcium, contributes greater percentage of dietary fibre and it is specially advised as a food for patients suffering from diabetes and cardiovascular diseases. All these factors as well as the cheaper cost of Ragi, compared to wheat, contribute to grater opportunity value of composite Ragi rusk.

### **BREIF DESCRIPTION OF THE PROCESS**

Dough is prepared by mixing of flour with yeast and other ingredients. The dough was kept for fermentation at 28-30° C and 75-85% for 1 hour the dough is remixed after 1 hour and scaled to 200 gm portions. The dough pieces were relaxed for 20 minutes and are moulded and panned in previously greased baking pans suitable for rusk. These pans with the rusk dough were kept for proofing for 50-60 minutes at 25-30° C and 75 to 80% RH then baked in a baking oven at 200°C for 20-25 minutes. The baked materials were de-panned, cooled, sliced and re-baked at 15° C for 20-25 minutes. The rusk was then cooled and packed in polypropylene pouches.

## **USE OF THE PROCESS**

Rusk is a very popular baked product liked by all, especially children and working class, both in rural and urban areas. However, ragi, rusk has greater potential because of its better nutritional value due to high content of calcium, palatability, touch of familiar taste above all variety and better affordability by the consumers at large.

#### RAW MATERIAL

Raw material require are Ragi flour, Wheat flour, Yeast and yeast food, Sugar, Salt, Hydrogenated bakery fat etc.

# PROCESS

Ingredients  $\rightarrow$  Sifting of dry ingredients  $\rightarrow$  Mixing  $\rightarrow$  Addition of flour, baking power, salt, oil  $\rightarrow$  Mixing  $\rightarrow$  Scaling of batter into moulds  $\rightarrow$  Baking  $\rightarrow$  Cooling  $\rightarrow$  Slicing  $\rightarrow$  Re-baking  $\rightarrow$  Cooling  $\rightarrow$  Packing

#### **EQUIPMENTS**

Rotating bowl, Moulder, Baking oven, Slicer are required as major equipments.