CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE, MYSORE

INSTANT RASAM AND SAMBAR MIX

INTRODUCTION

The convenience foods have a social relevance to the extent that they have been responsible for blending the food habits of different regions and ethnic groups. Convenience foods have provided the housewives novelty, convenience with reduced drudgery but yet the satisfaction of preparing at home. The technology developed a CFTRI for preparation of ready mixes provides hygienic products of standard and uniform quality with good self-life. Most of the brands of ready mixes currently available in the market are being manufactured based on the technology provided by this institute.

MARKET POTENTIAL

Sambar and Rasam are important traditional preparation commonly used in south Indian homes. These mixes could find a ready market with the urban consumers, middle income working families industrial labour and large scale catering establishments. Increasing urbanization in India more and more number of women taking up jobs improved financial status in the middle income groups, growth of catering sector and increasing number of Indian emigrants in other countries are all indicative of greater potential for such ready mixes. These mixes find ready applicability in the day-to-day menu of the south. The estimated future demand for the ready mixes for internal and export consumption is estimated to 1500 tonnes per annum.

RAW MATERIAL

For Rasam: Spices (Red Chilli, Coriander Seeds, Pepper, Cumin, Fenugreek, Mustard, Asafoetida and Cinnamon), Tur Dhal, Tamarind, Salt and Sugar.
For Sambar: Spices (Red Chilli, Coriander Seeds, Pepper, Cumin, Fenugreek, Mustard, Asafoetida, and Cinnamon), Tur Dhal, Tamarind, Salt and Sugar Dried Vegetables.

PROCESS

Rasam: Cleaning of ingredients → drying / roasting → mixing of spices → powdering fumigation → packing
Sambar: Cleaning of ingredients → drying / roasting → mixing of spices and dried vegetables powdering → fumigation → packing

EQUIPMENT

Dryer, Ribbon Blinder, Disintegrator, Sifter, De-stoner, Pouch Filling Machine, Heat Sealer, Planetary Mixer, Vegetable Slicer, Bowl Roaster and Fumigation Chamber.

PROJECT ECONOMICS

Capacity of production	150 Tonnes / annum
Cost of plant and equipments	Rs. 9.50 Lakhs
Total project cost	Rs. 53.33 Lakhs