

## **NUTRITIOUS SOUP/ BREAD STICKS**

### **INTRODUCTION**

Soup/bread sticks are usually healthy and crispy pencil-sized yeast leavened wheat-based dry baked bread. They are usually served with adjuncts like butter, garlic sauce, and cheese or soup and are considered as an appetizer. The nutritious soup sticks is enriched with dietary fiber and polyphenols of natural source which have health benefits. It is a low moisture (3%) product and hence has good shelf-life of 4-6 months.

### **USES**

Bread sticks are convenient and versatile bakery product which can be taken as such, with soup or as a dessert item topped with cinnamon sugar. They can be given as teething sticks for children as well.

### **MARKETING**

Breadsticks are found being sold in markets as a quick snack or a pre-meal appetizer for both home use and food service industry. These can be marketed through bakeries, departmental stores and restaurants. The bread sticks available in the market currently are not appreciated in terms of nutritional quality as they generally have high fat and low dietary fiber content. It has good market potential as food choices of consumers have inclination towards healthy products. It adds variety to the product range with minimal resource input as it can be produced without additional investment to an already existing bakery setting. The product is not only low in fat, but also has higher dietary fiber content and also rich in total phenolic content and antioxidant property.

### **RAW MATERIALS**

Wheat flour, functional ingredient, yeast, fat, sugar, salt, ajwain and water.

### **PROCESS DETAILS**

Soup sticks are processed by mixing all the ingredients using a dough mixer and fermented. The dough is molded into rod shape of 4-6 mm thick and 10-15 cm length. The molded rod shapes are baked at 200<sup>0</sup>C for 15-20 min, cooled and packed.

## **PLANT & MACHINERY**

### **PRODUCTION CAPACITY- (estimate)**

Suggested economic capacity: 138 kg per day  
Working : 300 working days/ year  
Optimum utilization capacity: 76%

### **TECHNOLOGY/MANUFACTURING PROCESS – Availability**

The technology for the manufacture of High protein biscuits has been developed at CFTRI, Mysore, using appropriate equipment for optimal product recovery of right quality. The CFTRI has the necessary expertise to provide technical assistance and guidance for setting up the project. The CFTRI can offer further technical assistance for project implementation under technical consultancy arrangements.