

CENTRAL FOOD TECHNOLOGICAL RESEARCH INSTITUTE, MYSORE

Ready to eat Salads

INTRODUCTION

Mixed vegetable RTE salads named as “Rainbow on your plate” is a colourful product, rich in various minerals and vitamins. Consumption of vegetables in the form of ready-to-eat salads can contribute not only to fulfill nutritional needs but also provide huge health benefits to all age groups. The composition of the salad is designed such that it appeases the consumers sensorially while at the same time is a rich source of minerals, vitamins and phytochemicals which provide several health benefits.

MARKET POTENTIAL

Apart from domestic consumers, the product can be a useful product to cold chain vendors, caterers and hoteliers who may require fresh vegetables in bulk quantities and need to keep them shelf-stable for a period of time. Also useful when bulk transportation is involved. It will be a very useful and a convenient product to travellers especially those who cannot afford to spend their time waiting for food at eateries and restaurants during travelling. The product would be extremely useful in hospitals and health clinics where patients require low calorie diet intake. The product can be placed at airports, stations and other prime areas where convenience and ready to eat preparations are required especially for those who are health conscience.

PROCESS

Raw material should be free from blemishes, damage and cuts. Use of spoiled/nearing spoilage vegetables must be avoided. Stems, damaged and contaminated parts must be removed before incorporation into the product. Vegetables were washed and cut into different shape and sizes, pretreated and surface dried, packed in containers and stored at optimum low temperature.

EQUIPMENTS

The plant will consist of facilities for food processor, steam kettles/blanching tank, centrifugal drier / low cost basket centrifuge and walk in cooler/cold storage.

PROJECT ECONOMICS

Total Project Cost

Equipment	: Rs. 18.00 Lakhs
Building	: Industrial shed on lease
Cost of production per box	: Rs. 80.00 / 150g
Cost of Selling per box	: Rs. 120.00 / 150g
Capacity of production per day	: 400 boxes