

Modifaction and Development of Oyster Mushroom-Based Cookies

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Received: 10.06.2022 | Revised: 9.08.2022 | Accepted: 17.08.2022

ABSTRACT

Mushroom cultivation is increasing day by day in Chhattisgarh as well as India and is an important dietary food for rural people. The protein nature of the cereal-based diet can be improved by fortification. Edible mushrooms are rich in protein, carbohydrates, minerals, and other nutritional compounds. Value additions of mushrooms in the form of powdered biscuits, cake etc, are sources that have incredible potential to fulfil nutrition demand. The present aim of the investigation was to develop oyster mushroom cookies mushrooms from locally accessible crude materials. Raw mushrooms were cleaned in normal water, whitened with steam for 10 minutes, sliced for uniform size, and kept dry in a solar dryer at 35°C for 8 hours. Prepared a composition of flour, Rava, sugar, mushroom powder, milk powder, ghee, baking powder, baking soda, and salt for making biscuits. Mix all the ingredients and make the dough, roll it with the help of a rolling pin and keep it in the microwave at 170°C for 40 minutes. After this, It was cooled and kept at room temperature and kept it in an air-tight container. The Biscuits were ready and sliced in uniform size in the form of round and square shapes for packaging. After analysis, it was found that mushroom-fortified cookies have high protein content, low-fat content, high fibre, minerals and vitamin content which will be useful to overcome malnutrition problems.

Keywords: Oyster mushroom (*Pleurotus ostreatus*), Cookies, Nutritional Value, Sensory Evaluation.

INTRODUCTION

Cookies form an important baked food widely consumed in western countries. Baked foods form the base for enrichment with various nutrients improving nutrition and quality development of mushroom powder with its utilization for cookies formulation.

According to national family survey-4 37.7% children below 5 years of age in the state were suffering from malnutrition so made mushroom cookies so that malnutrition rate can be reduced in Chhattisgarh if you see in oyster mushroom.

Cite this article: Pradhan, S., Singh, A., Tiwari, S., & Mishra, A. (2022). Modifaction and Development of Oyster Mushroom-Based Cookies, *Emrg. Trnd. Nutr.* 1(2), 36-41. doi: <http://dx.doi.org/10.18782/2583-4606.110>

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In Chhattisgarh, cookies are eaten a lot, like refined flour cookies, wheat flour cookies, multigrain cookies and all kinds of cookies. To make it more nutritious, oyster mushrooms are added so that children feel good in eating and they also get good nutrition. Cookies A sweet biscuit having a fairly soft, chewy texture and typically containing pieces of corn, coconut, chocolate, and fruits. The most common word for a crisp cookie is biscuit in many English-speaking countries outside North America, including the United Kingdom (Nelson Libby, 2015).

Oyster Mushroom the fruiting bodies of *basidiomycetous* fungi generally called *basidomata* (*basidiocarps*) have fascinated man since time immemorial, and “*mycophagy*” (i.e. mushroom eating) has always been alternating since then (Singh, 2018). This has been because of their innate flavour and richness in high protein. There are richness in high-quality protein, vitamin d and carbohydrates. They also contain an appropriate amount of minerals, lipids and folic acid.

Oyster Mushroom Cookies Baked foods form the base for enrichment with various nutrients improving nutrition and quality. Considering the short life of mushrooms and its browning behaviour on drying (Aishah et al., 2013). Development of mushroom powder with its utilization for cookies formulation. Cookies are a portion of food for all sections of people across the broad varieties and shapes. Cookies are typically sold in bakeries and consumed at any time of the day (Hassan, 2018). Mushroom flour is a gluten-free flour, which may benefit people with celiac disease, a condition in which the consumption of gluten can trigger the immune system in the small intestine and damage the intestinal lining, leading to malabsorption (prevention of nutrient absorption). Mushrooms can be dried and converted into powdered form, which can be used for fortification in baked products like bread, biscuits, etc (Singh et al., 2014).

Objectives

I. To identify the malnutrition people and cure

through the mushroom.

II. To value addition on mushrooms and explore to their nutritive Value.

III. To maintain formulation mushroom product for food security.

MATERIALS AND METHODS

Sample area - This study was conducted at the Department of Food Processing and Technology UTD Atal Bihari Vajpayee Vishwavidyalaya Bilaspur Chhattisgarh 2021-22.

Sample size - We were selected 3 types of samples in which the first was taken refined flour cookies second wheat flour cookies and third multigrain cookies. They were fortified with oyster mushroom powder cookies.

Required material - oyster mushroom powder (*P. ostreatus*), Wheat flour, refined flour, multigrain flour, sugar, butter, milk powder, semolina (suji, rawa), baking soda, baking powder, salt, vanilla essence, microwave, weighing machine, measurement cup, spoon, bowl, etc.

Method - At first, measure all ingredients according to the recipe. Then crushing sugar to fine powder with a crusher. Then 5g Amul butter, until it turned into the cream. Then add 200g refined flour, wheat flour and multigrain 100g rawa, 20g, 25g, 25g mushroom powder, 200g sugar, 5g baking powder, 5g baking soda 2-3 drops vanilla essence, 1 pinch salt thoroughly until a dough is produced. Mix the dough by hand thoroughly and keep the dough for 20 minutes. Then shape the cookies with a mold and put them in a tray. Put the tray into the microwave (IFB M.NO. - 255C4) for 40 minutes at 170 degree Celsius. Check after 20 minutes. After 40 minutes take out the tray and cool.

RESULT AND DISCUSSION

Cookies are prepared from flour of refined flour, wheat flour and multigrain flour. It was observed the nutritional Value of mushroom cookies. The properties like protein, carbohydrate, fat, and vitamin were calculated through the nutritive Value of Indian food c.

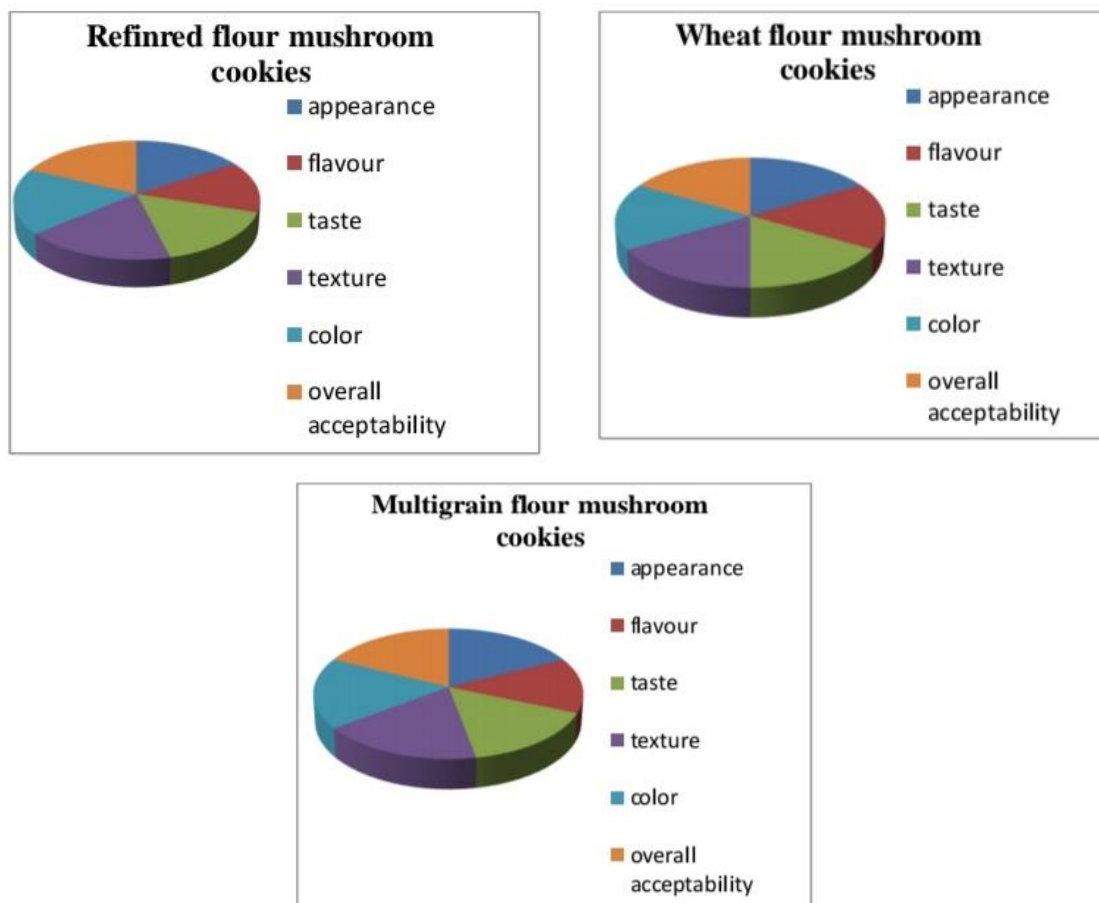
Gopalan 2010 NIN Hyderabad. We selected 3 different types of parameters:

1. Nutritional Value:- The raw materials, i.e., refined flour, wheat flour, and multigrain flour and mushroom powder were analyzed for proximate composition and the data are presented in refined flour, wheat flour, and multigrain flour contained 12g, 6.1g, 15g protein, 1g, 23g, 3.4g fat, 74g, 67g, 11.8g carbohydrate. The extraction of refined flour, wheat flour, and multigrain flour contains less protein, fiber, fat and ash. The composition of mushrooms powder was found more or less similar to those reported by Gupta and Sarma (2015). But analysis of mushroom powder cookies, there was a great modification in

nutrient content was found C., Gopalan 2010 Nin Hyderabad. The average protein, fat, carbohydrate, and vitamin content in the oyster mushroom cookies was 31.04g, 25.14g, 34.06g protein, 3.86g, 26.76g, 6.26g fat, 107.07g, 100g, 44.87g carbohydrate and 109mg vitamin D.

Sensory Evaluation:- Sensory Evaluation was conducted after cooling the cookies for 1 hr at room temperature. Cookies were placed on a plastic dish coded by a three-digit random number and offered to 9 trained panellists in an individual booth with lighting. Appearance, flavor, texture and overall acceptability were evaluated using the 9-point hedonic scale with 9 indication strong attribute.

Point hedonic scale and score pie chart of sensory evaluation of the product:-



Comparison of Nutritional Value of Oyster Mushroom Cookies with Market Cookies :-

- (A) Difference between Refined Flour Market Cookies & Refined Flour Mushroom Cookies
- (B) Difference between Refined Flour Market Cookies & Refined Flour Mushroom Cookies
- (C) Difference between Multigrain Flour Market Cookies & Multigrain Flour Mushroom Cookies



Fig.1 Refined Flour Cookies

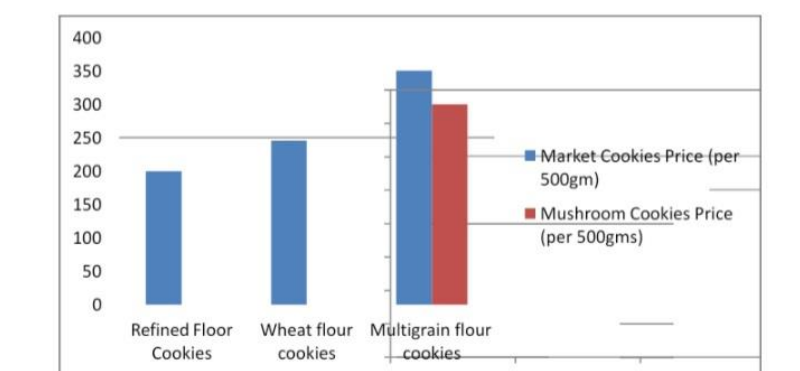


Fig.2 Wheat Flour Cookies



Fig.3 Multigrain Flour Cookies

Cost analysis per unit compared between Market cookies & Mushroom Cookies.



2. Cost analysis per unit compared between Market cookies & Mushroom Cookies

DISCUSSION

We can promote this research to the government that these cookies are good for malnutrition because they have a lot of protein, vitamins, and carbohydrates. Mushroom cookies are a good source of vitamin D (109mg). The comparison found that the nutritional Value in mushroom cookies is higher than in the market cookies. Mushroom cookies also contain B vitamins as well as a powerful antioxidant which helps & support the immune system and prevents damage to cells.

The data on sensory indicated that there were no considerable differences for colour, flavour, appearance and overall acceptability between the control cookies and those prepared with

5% and 10% replacement levels of mushroom powder, respectively. The cookies prepared with 20% replacement scored a minimum lower in almost all the quality parameters with respect to the control and rest of the cookies. This showed that the replacement of refined flour, wheat and multigrain with mushroom powder at 10% did not affect the sensory parameters of the cookies. However, further replacement adversely affected the acceptability of the cookies.

We found that in refined flour cookies 575 grams of raw material, we got 500 grams of cookies which cost Rs. 150 and knowing the price of cookies in the market of Bilaspur is approx Rs. 200. Wheat flour cookies 570 grams of raw material, we got 500 grams of

cookies which cost Rs. 180 and knowing the price of cookies in the market of Bilaspur is approx Rs. 245. Multigrain flour cookies 570 grams of raw material, we got 500 grams of cookies which cost Rs. 300 and knowing the price of cookies in the market of Bilaspur is approx Rs. 350.

CONCLUSION

The reason for the examination was to get ready neighbourhood crude materials locally to improve their quality by including mushrooms. Build up a standard system for the creation of mushroom cookies. They are solar drying. So the mushrooms were made into powder. To build the dietary benefit, these mushrooms as powder are utilized for the formula of customary scope. The expansion of mushroom powder adds to the higher the substance of nutrients, protein, mineral, unrefined fiber and phenol content in the items. The purpose of the study was to prepare Cookies from locally available raw materials, to improve its quality by adding mushrooms. To develop a standard methodology for the production of mushroom cookies. To increase nutritional Value, these powder form mushroom was used to traditional cookies recipe. Higher incomes and more active lifestyles in recent years around the globe have resulted in consumers in seeking high-quality convenience foods in the market. The cookies made from Mushroom Powder may help fulfil consumers' needs for this very popular, fast-growing food item in the country.

Acknowledgements:

I would like to express my special thanks of gratitude to Dr. S. Tiwari for their support and kind gesture to complete this manuscript in time.

Funding: NIL.

Conflict of Interest: NIL.

Author Contribution:

All authors contributed equally to establishing the research and design experiment topic.

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