



PROXIMATE COMPOSITION, SENSORY EVALUATION AND PRODUCTION OF COOKIES (BISCUIT) FROM FINGER MILLET AND WHEAT FLOUR

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ABSTRACT

Finger millet (*Eleusinecoracana*), is an important staple food because of its excellent storage properties, and nutritive value, resistance to disease and tolerance to soil moisture stress. The aim of this study is to determine the nutritional composition of cookies (Biscuit) produced from combination of finger millet and wheat flour and its sensory properties. Biscuit was produced from the formulated ratios (W:F 100, FM:100, W:F 95:5, W:F 90:10 and W:F 80:20) of wheat and finger millet respectively. Proximate composition and sensory evaluation were carried out using standard methods. The results of proximate composition for ration W:F 95:5 shows significant different compare to other ratios and individual flours, additionally the same product shows highly acceptable by the respondent for its taste, flavor and texture than cookies of other composition. Therefore it can be concluded that the product from formulated ratio W:F: FM 95%-5% was best cookies highly acceptable. However consumption of such products are highly encouraged and less course effective.

Keywords: Cookies, Finger millet, Proximate, Wheat Flour

INTRODUCTION

Finger millet (FM) is a cereal grain that belongs to the family Poaceae and is a gluten-free grain (Gebre, 2019). FM is ranked 4th among other millets in the world in importance after sorghum (Sorghum bicolor), pearl millet (*Pennisetumglauca*) and foxtail millet (*Setariaitalica*) (Ramashia et al., 2021). It is cultivated in some parts of African countries such as Ethiopia, Zimbabwe, and South Asian country (Opole, 2019). FM is referred to as *muthoko* (Tshivenda) in South Africa (Ramashia et al., 2019) and *dagussain* Ethiopia (Kumar et al., 2016). FM consists of different varieties: black, reddish-brown, and white (Gebre, 2019). It contains nutritional elements which are easy to digest thus a major source of food for pregnant women, the sick, lactating mothers, children and diabetics (Tracylinzet et al., 2021). It is a rich source of calcium which strengthens bones, and teeth. FM has potential health benefits in all age groups and people with chronic diseases (Ramashia et al., 2019). The grains contain zinc (Zn), amino acids, and vitamin B complex. Usually cultivated in a wide range of soils and climates and because of their short growing seasons, they are of specific importance in semiarid regions. Convenient foods are commercially prepared processed foods, which are designed for the ease of preparation and consumption. Utilization of millets is restricted due to non-availability of processed foods in ready to eat form. Millets can be effectively utilized for developing value added products which can improve the overall diet quality. Millets are small seeded cereals known as *nutria* cereals which represent rich sources of Phytochemicals and Micronutrients.

Finger millet grains also contain high amount of magnesium and phosphorus. Absorption and utilization of these nutrients in the human body contributes to the reduction of chronic diseases such as lowering of high blood pressure, ischemic strokes, cardiovascular diseases, cancers, obesity and type II diabetes (Ramashia et al., 2018). According to Krishnan et al. (2012) it was reported that finger millet grains contain polyphenols and phytates which are known to influence the availability of minerals. Processing of finger millet grains

comprises both traditional and modern methods. The traditional method of processing can be employed in the manufacture of value-added products such as soaked, cooked, milled, papad, fermented, popped or puffed, extruded and multi-grain flour (Soed et al., 2017). Finger millet in terms of nutritional composition ranks higher than other cereal grains, though the grain is extremely neglected and widely underutilized (MOAD 2017).

Nutritional configuration of finger millets contributes to reduced risk of diabetes mellitus, high blood pressure and gastro-intestinal tract disorder when absorbed in the body. Utilization of the grain therefore involves traditional and other processing methods such as soaking, malting, cooking, fermentation, popping and radiation. These processes are utilized to improve the dietetic and sensory properties of finger millet and equally assist in the reduction of anti-nutritional and inhibitory activities of phenols, phytic acids and tannins (Hassan et al., 2021). However, with little research and innovation on finger millet as compared to conventional cereals, there is the need for further studies on processing methods, nutritional composition, health benefits and valorization with a view to commercialization of Finger millet grains. Therefore this study is aimed to determine the nutritional composition of finger millet and its sensory properties by production of cookies (Biscuit) from finger millet and wheat flour.

MATERIAL AND METHODS

Sample Collection

Finger millet samples, wheat flour and other materials used were purchased from Sabon Gari market Kano-Nigeria.

Sample preparation

The samples were prepared by mixing the wheat and Finger millet flour as presented in table 1 below.

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web mélangez le gras et la viande avec des épices À l aide d une cuillère propre mélangez le gras et la viande en les laissant dans le bain de glaçons puis ajoutez y du poivre du sel des épices et des herbes soyez rapide pour que la viande ne puisse pas se réchauffer

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web sep 6 2020 instructions commencer par hacher finement le persil couper la viande et le gras en morceaux hacher la viande et le gras en alternant grosse grille de 8 mm mélanger le haché avec le sel le poivre et le persil en les ajoutant au fur et à mesure du mélange pour une meilleur homogénéité