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Grains of Innovation: Exploring the Development of Multigrain Bhakarwadi

Sakshi Vanire[1], Abhishek Mohite[2], Aditya Pillai[3]

[1]Final Year Student, Department of Technology (DoT), Shivaji University
[2,3]Final Year Student, Department of Biotechnology Engineering, Kolhapur Institute of Technology's College of Engineering (Autonomous), Kolhapur

Abstract

The development of multigrain bhakarwadi, a well-liked traditional Indian snack distinguished by its crispy texture and savoury flavour, is thoroughly examined in this study. This study explores the addition of a variety of grains, including as lentils, rice, millet, and wheat, to the bhakarwadi formulation, based on the formulation of traditional recipes. The goal of the research is to optimize the grain blend to increase the snack's nutritional content while preserving its distinctive flavours and texture through a series of experiments and sensory evaluations.

The first step of the study is to examine and evaluate the nutritional value of traditional bhakarwadi dishes. The suitability of different grain combinations for the bhakarwadi dough is next evaluated, taking into account elements like texture, flavours, and nutritional value. The study makes use of both conventional and contemporary methods, such as sensory analysis to determine consumer preferences and milling procedures to produce desirable grain particle sizes.

The study also looks at the possible health advantages of multigrain bhakarwadi, emphasizing its higher fibre, protein, and vitamin content in comparison to traditional varieties. Furthermore, dietary limitations and allergy sensitivity are taken into account to ensure that the finished product is inclusive and accessible.

All things considered, this study advances the realm of culinary innovation by proving that adding different grains to conventional snacks is both desirable and feasible. Through the use of both conventional wisdom and contemporary nutritional analysis, multigrain bhakarwadi presents itself as a viable choice for consumers looking for tasty and nutritious snack substitutes.

Keywords: Multigrain, Bhakarwadi, Culinary innovation, Traditional snack, Nutritional enhancement, Grain diversity.

1. Introduction

Round disk made of Bhakarwadi flour, filled with masala, and cooked to a crunchy fries. Popular in Rajasthan, Gujarat, and Maharashtra, Bakrwadi is a traditional sweet and spicy food from Maharashtra. Fried bakarwadi are crunchy spirals or pinwheels. Traditionally, a spiral-shaped dough composed of gram flour is filled with a blend of sesame, poppy, and coconut seeds. After that, it is fried till crispy. This food item is typically consumed with tea in the evening.It is a well-liked food in western India. Bakarwadi have a tangy, spicy, and sweet taste that makes them addicting. Bhakarwadi is thought to have been created in Vadodara by Jagdish Farsan. In 1970, Raghunathrao Chitale tried it for the first

time and it arrived in Maharashtra. There are several different varieties of bhakarwadi available, including ones with savory methi and garlic flavors, a dry fruit filling, and chaat recipes. Moreover, flax seeds bhakarwadi are present. These contain grains, legumes, flax seed, and soybeans, making them a great snack for people controlling their weight and cholesterol. In the 1970s, the current owner's grandpa traveled throughout Japan as a member of a delegation that the Mahatma Chamber of Commerce sent. It turned out to be very motivating. Licenses were requested, massive production machines were designed and imported from Europe, and in 1989, the process of producing some bhakarwadi had started. The procedure is fully mechanized these days.

Bhakarwadi snack product: Snacks are typically consumed in between meals and consist of a modest serving of food. There are many different types of snacks, such as packaged foods and other processed foods, or they can be cooked at home using fresh ingredients. Snacks are traditionally made with readily available items from home with little to no preparation. Snacks include cold meats, fruits, sandwiches, nuts, leftovers, and sweets. A cartoon character's hilarious craving for big munchies gave rise to the Dagwood sandwich. The growth of convenience stores led to a huge increase in the market for packaged snack items. Snack food is usually made to be easily transportable, fast, and filling. One type of convenience food is processed snack foods, which are made to be more robust, less prone to spoiling, and easier to carry around than cooked foods. They frequently have high concentrations of preservatives, sugars, and tasty components like chocolate, peanuts, and specially blended flavors (like flavored potato chips).

Coffee and other beverages are not typically regarded as snacks, even though they can be drunk in addition to or instead of snack foods. Fast food Food that has been commercially prepared (typically by processing) to maximize ease of consumption is referred to as convenience food, or tertiary processed food. These foods typically don't require additional preparation before eating. It might also have a lengthy shelf life, be conveniently transportable, or have a number of other useful features. Bhakarwadi is a snack item that comes packaged and is ready to eat. Bhakarwadi comes in a variety of formats, including sandwich and small varieties.

2. MATERIAL AND METHODOLOGY

Raw Materials: The local market was the source of all the raw materials. Dates, cumin seeds, coriander powder, garam masala, amchur powder, chat masala, oil, and red chili powder are the ingredients used to make multigrain bhakarwadi.

Tools:

Weighing machine:

A scale or balance is a tool for calculating mass or weight. These can also be referred to as weight scales, mass balances, mass scales, or weight balances. The conventional scale is made up of two bowls or plates that are suspended equally from a fulcrum.

Knives:

An instrument or weapon with a cutting edge or blade that is typically affixed to a handle or hilt is called a knife (plural knives; from Old Norse knifr 'knife, dirk'). According to the Oldowan tools, knives were among the first tools used by humans and first emerged at least 2.5 million years ago.

Measuring cups:

Generally used for amounts up to roughly 50 mL (2 fl oz), measuring cups are kitchen utensils used to measure the volume of liquid or bulk solid cooking materials like flour and sugar.

Sieve:

It is also known as a fine mesh strainer or sift, is a device that uses a screen, such as woven mesh, net, or perforated sheet material, to separate desired components from undesired material or to manage the particle size distribution of a sample. Sieve is the root of the word sift.

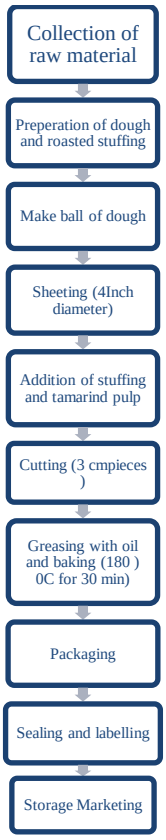
Ovens:

They are culinary appliances that are used for heating and roasting. Meat, casseroles, and baked items like bread, cake, and other desserts are among the foods that are typically prepared in this way. Nowadays, a lot of homes all around the world utilize ovens to cook and reheat food.

Dough Kneader:

In a restaurant, home kitchen, or commercial kitchen, a dough kneader makes it simple to combine flour. Dough kneaders can be powered by electricity or by hand.

Preparing Method



Flow Chart - Preparation of Multigrain Bhakarwadi

Optimization Table

Flaxcurry bhakarwadi	
Ingredients	**Requirement**
Besan	10gm/Flour
Oats+ Ragi+ Wheat + Jowar + Soya Flour	25g (5g Each)
Poppy Seeds	10gm
Flax Seeds	5gm
Sesame Seeds	5gm

Oil	7.5gm
Aamchur Powder	A Pinch
Other ingredients: Salt, Cumin seeds powder, coriander seed pow- der, turmeric, asafoetida, ,red chilies powder , chat masala etc	

Table No.1 - Recipes of Flaxcurry bhakarwadi

Raw Material Analysis

Sorghum Flour:

Ground sorghum grain is used to make this gluten-free flour. Around the world, sorghum is a cereal grain that is extensively grown and eaten. Sorghum flour can be used in place of wheat flour in a variety of recipes because of its somewhat sweet and nutty flavor.

Finger Millet Flour:

Ginger millet grains are ground to create this form of flour. A class of grasses with tiny seeds called millet is grown as a cereal crop. Ginger millet flour has a subtle nutty flavor and is free of gluten. It can be added to soups and sauces as a thickening agent or utilized in gluten-free baking.

Oatmeal Flour:

The process of making oatmeal flour involves finely powdering rolled oats. It is frequently used for all-purpose flour in baking as a healthier option. A hint of nutty taste and a moist texture are imparted to baked items by using oatmeal flour. Made with oats that have been verified to be gluten-free, it is likewise gluten-free.

Gram Flour:

Made from ground chickpeas, gram flour, sometimes referred to as besan, is a flour. It is frequently used in Middle Eastern and Indian cooking. With its characteristic nutty flavor, gram flour is frequently used to thicken stews and curries and to bind foods like pakoras. It is a much-liked component in gluten-free baking as well.

Wheat Flour:

Grinded wheat grains produce a powder known as wheat flour. It is one of the flours that is most frequently used in baking and cooking. Gluten is a protein found in wheat flour that gives baked foods their shape and suppleness. It is frequently used to prepare pasta, bread, pastries, and several other baked goods.

Turmeric Powder:

The dried roots of the turmeric plant are ground to create this vivid yellow spice. Because of its brilliant color and earthy flavor, it is frequently used in cooking. An essential component of many Asian, Middle Eastern, and Indian recipes is turmeric powder. It is utilized in conventional medicine and is well-known for its possible health advantages.

Flaxseed:

The seed of the flax plant is called flaxseed, sometimes called linseed. It has a lot of fiber, omega-3 fatty acids, and other nutrients. You can use flaxseed whole or grind it into a fine powder. Because of its nutritional significance, it is frequently used to cereal, yogurt, baked products, and smoothies.

Poppy Seed:

The small, oil-rich seeds of the poppy plant are known as poppies. They are frequently used in baking and cooking and have a nutty flavor. Poppy seeds are frequently used in sweets and sprinkled on bread, rolls, and pastries. They are also used to prepare poppy seed filling, a well-liked pastry filling.

Sesame:
Small, tasty seeds are produced by the blooming plant known as sesame. There are three main hues of sesame seeds: white, black, and brown. They are frequently used in baking and cooking and have a nutty flavor. Seed paste from sesame.

Sensory Evaluation

Characteristics	Naive panel members (average)	Expert panel members (average)	Out of
Appearance	45	5	5
Texture	4.5	5	5
Taste	4.5	5	5
Aroma	4.5	5	5
Overall Acceptability	5	5	5
Total	23	25	25
Percentage	92%	100%	100%

Table.2. Sensory evaluation of Multigrain Bhakarwadi trials

Nutritional Value

Sr. No	Nutrients	Units	Flaxcurry Bhakarwadi
1.	Energy	Kcal	304
2.	Carbohydrates	g	30.2
3	Protein	g	11.21
4.	Fat	g	15.48
5.	TDF	g	12.62

Table No.3 Nutritional Values

Market Survey
Determine the purpose and parameters of the market research. Choose the exact topics you wish to research, such as the acceptability of multigrain bhakarwadi by consumers, developments in packaging, technological innovations in production processes, and possible problems.
Target Audience: Determine the survey's target audience, which may include representatives from the food business, distributors, merchants, and customers looking to buy healthful snacks. Think about focusing on people who are interested in or have expertise with innovative food items, or who have worked in the field of food technology.
Survey Methodology: Select suitable techniques that correspond with the intended audience. Online questionnaires, in-person interviews, focus groups, or a mix of techniques may be used for this. To efficiently contact your target audience, make use of food technology-related platforms or associations.
Survey Questions: Create a series of survey questions covering different facets of multigrain bhakarwadi from the viewpoint of food technology. Ask about the procedures used in production, the technology needed, where to get ingredients, quality assurance, shelf life, creative packaging, and customer approval. Make sure the questions are precise and allow for in-depth responses from the responders.

Survey Methodology: Select suitable techniques that correspond with the intended audience. Online questionnaires, in-person interviews, focus groups, or a mix of techniques may be used for this. To efficiently contact your target audience, make use of food technology-related platforms or associations.
Sample Quantity and Selection: Choose a suitable sample size for your market research. Aim for a cross-sectional sample of consumers and experts in food technology. To connect with people who are educated about food technology and who might be possible customers, think about contacting trade exhibitions, associations for the industry, or internet groups.
Data Gathering and Analysis: Compile the survey answers, then examine the information. To learn more about consumer feedback, manufacturing constraints, technology preferences, and packaging requirements, combine qualitative and quantitative methodologies. In order to arrive at significant findings, look for trends, patterns, and common responses.
Market Potential and Technological Feasibility: Assess the multigrain bhakarwadi product's market potential from the perspective of food technology. Examine elements including the technological viability, production scalability,cost evaluation and suitability with current food processing techniques. Think about possible partnerships with technology companies or academic institutions to improve manufacturing efficiency or implement cutting-edge processes.
Suggestions and Future Directions: Provide suggestions for new product development, technological advancements, and market-capturing tactics based on the results of the market survey. Determine what needs to be researched and developed further, such as new packaging ideas that keep up with improvements in food technology or ways to optimize ingredient formulas or production methods.

Result and Discussion

Recipe Development: Talk about how the multigrain bhakarwadi recipe was created. This can entail looking for old recipes, trying with various grain combinations, and fine-tuning the proportions of the ingredients to get the right flavours.
Taste Testing: Report on the outcomes of the project's taste tests. Describe the participant feedback you got and any changes you made to the recipe in response to their suggestions. Emphasize how well the taste testers received the multigrain bhakarwadi overall.
Nutritional Analysis: To ascertain the health advantages of multigrain bhakarwadi, perform a nutritional analysis on it. The nutritional composition of the multigrain version and regular bhakarwadi can be compared to emphasize the benefits of using different grains in the recipe.
Texture and Shelf Life: Talk about the crispiness and crunchiness of the multigrain bhakarwadi. Examine the snack's shelf life as well as any precautions made to keep it fresh for a longer amount of time.
Market Potential: Examine the multigrain bhakarwadi product's market potential. Examine customer demand for nutrient-dense choices, existing trends in healthy snacking, and possible target markets. Examine elements including pricing, branding, and packaging when determining the product's commercial potential.
Future Developments: Determine what aspects of the multigrain bhakarwadi recipe need to be developed further. This could include experimenting with various spice combinations, looking at other cooking techniques, or adding extra nutrients.

Conclusion

The research report concludes by highlighting the value of Multi Grain Bhakarwadi as a customary Indi-

an snack with cultural significance and possible health advantages. It urges more investigation into particular facets of this snack, like its effect on digestive health, its antioxidant qualities, and the ways it is prepared differently in different parts of India. A classic Indian snack with a mix of taste, texture, and possible health advantages is multigrain bhakrwadi. An overview of the ingredients, cooking techniques, cultural importance, and nutritional elements of Multi Grain Bhakarwadi are given in this review of the literature. To gain a deeper knowledge of the culinary and cultural relevance of this popular snack, more research and studies can examine its specific health advantages and variants.

Future areas of improvement have been highlighted by the project. This entails experimenting more with spice combinations, looking into flavor-enhancing cooking techniques, and adding more nutrients for even more health advantages. All things considered, the short project on multigrain bhakarwadi has effectively investigated the creation of the recipe, flavor, nutritional value, texture, shelf life, and commercial potential of this creative take on a classic snack. It offers a strong basis for the multigrain bhakarwadi's future development and possible commercialization.

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