



42. Functional processed paneer spread

Type: Dairy product
Date:
Patent: NA

Name of Inventor
Mohammad Ashraf Paul and Sayer
Ahmad Beigh

Description of Technology

Paneer holds a remarkable position in the common dietary schedule, predominantly non-vegetarian society. The ability of paneer to be deep fried is one feature that has led to its wider acceptance and a favorite for making snacks, croquettes or fried paneer chunks. Due to the ever growing demand for paneer, researchers were encouraged to develop new types and varieties of paneer. The different types of paneer manufactured in recent times are low fat/reduced fat paneer, low protein paneer with soy protein isolate, protein enriched paneer, paneer pickles etc. At present, mainly two types of spreads are available in the market, namely, butter and cheese spread, which are used along with bread in the breakfast. Butter spread is not desirable for calorie conscious persons while cheese spread is still confronted with several issues with regard to its acceptance. Contrarily the paneer spread is surmised to offer a comparatively economical and equally nutritious alternative with no taboos.

Processed paneer spread is a further processed paneer product envisioned to provide an economically and socially acceptable product having the characteristics comparable to its western counterpart, the processed cheese. Nowadays, consumers are interested in functional foods which not only provides basic nutrition but promote health as well. It seems, in this, context plausible to enhance the quality of paneer by further processing it with emulsifying salts and some hydrocolloids which shall not only improve its quality characteristics but also provides therapeutic benefits. One such locally available source of functional ingredients is quince seed mucilage (*Cydoniaoblonga*), which is locally available, having a range of health benefits and the capacity for enhancing spreadability of paneer. Thus, it was expected to constitute a nutritionally desirable product for the breakfast food for almost all classes of consumers particularly the calorie conscious and those suffering from lifestyle disorders. Keeping in view above facts, methodology for preparation of processed paneer spread was optimized. The results revealed that processed paneer spread with 1% trisodium citrate, 15% water and 0.5% quince seed mucilage was comparable with its western counterpart processed cheese spread in terms of almost all quality characteristics. The functional processed paneer spread could be stored for 21 days at refrigeration temperature.



Impact

- Alternative to its western counterpart
- Antioxidant potential improved
- Improved shelf life

Commercial Applicability

- Exploitation of locally available quince seed
- Huge potential under Indian conditions
- Carries functional value for health and well being of consumers