



44. Antioxidant enriched (rosemary extract and α -tocopherol) *Rista* and *Goshtaba*

Type: Emulsion Meat product
Date:
Patent: NA

Name of Inventor
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Description of Technology

Kashmir is famous not only for its natural scenery but also for its range of traditional meat products, the cuisine collectively termed as “*Wazwan*”. These are ready to eat meat products usually prepared fresh and served hot as part of splendid meals. Besides their immense local popularity and demand, these products cater to the fast food requirements of a large number of domestic and foreign tourists. Two meat products, viz. *Rista* and *Goshtaba*, form the main and essential components of *Wazwan* and are thus an inalienable part of this traditional Kashmiri cuisine. These emulsion based meat products are immensely popular and in great demand and need improvements over their traditional processing practices to enhance their quality and shelf life and thus safeguard the consumer health. Processing factors like comminution and addition of salt, and 20-30% mutton fat make them more susceptible to oxidative changes with consequent undesirable effects on their quality and shelf life. Natural antioxidants find increased use in food products to retard lipid oxidation. It is with this background that the effect of added antioxidants, viz., rosemary extract and α -tocopherol, on the quality, stability and acceptability under refrigerated storage were studied. The results revealed that the rosemary extract and α -tocopherol could be successfully incorporated in the formulations of *Rista* and *Goshtaba* at 0.005 and 0.02 percent levels, respectively with beneficial effects on the physico-chemical quality and acceptability. During the refrigerated storage period of 21 days at $4 \pm 1^\circ\text{C}$, the antioxidants were helpful in maintaining improved physico-chemical characteristics, oxidative stability, microbial status and sensory quality of the products.



Impact

- Improves shelf life, sensory and nutritive quality
- Wider acceptance among health conscious consumers

Commercial Applicability

- Improved shelf life makes the product available for all seasons with mitigated health perils.