



45. Low-fat *Goshtaba* formulated with fat replacers

Name of Inventor

Mir Salahuddin and Heena Jalal

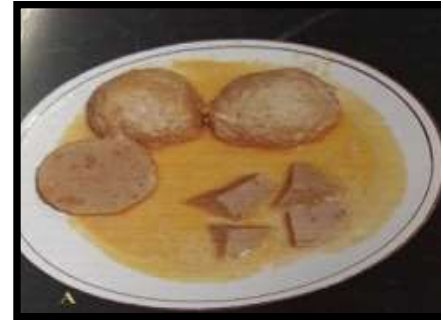
Type: Emulsion based meat product (Low-fat meat product)

Date:

Patent: NA

Description of Technology

In J&K, large quantities of meat and meat products are being consumed. Consumption of meat and meat products is higher due to the predominant non-vegetarian food habits and changing socio-economic status of the majority of the population. Kashmir is widely known for wazwan which includes traditional meat products like *kabab*, *Rista*, *Goshtaba*, *Kurma*, *Tabakmaz*, *Rogenjosh*, etc. Besides their immense local popularity and demand, these products also cater to the fast food requirements of a large number of domestic and foreign tourists and are relished by one and all visiting Kashmir. *Goshtaba* forms the main and essential component of *Wazwan*. Traditionally, 20-30% mutton fat is used in its formulation and thus *Goshtaba* comes under high fat meat products. To meet the requirements of health conscious consumers and further improve its marketing, the need of a time is to reduce the amount of fat in the *Goshtaba* formulation to make it low fat meat product. To make up the loss in functional quality characteristics due to reduction in fat, use of suitable fat replacer/s becomes essential. Research work was undertaken to study the effect of added fat replacers on the quality and acceptability of low fat *Goshtaba* and evaluate their quality, stability and acceptability under refrigerated storage. The results revealed that on the basis of physico-chemical and sensory quality, low fat *Goshtaba* could be successfully produced by incorporating Sodium Alginate @ 0.1%, carrageenan @ 0.5% and hydrated oatmeal @ 10%. Out of these, hydrated oatmeal performed better as compared to sodium alginate and carrageenan. Low fat *Goshtaba* formulated with hydrated oatmeal could be stored for a period of 20 days at $4 \pm 1^\circ\text{C}$ without any adverse changes in its quality, stability and acceptability.



Impact

- Great potential for widening the consumer base (calorie conscious consumers)

Commercial Applicability

- Low fat *Goshtaba* with health benefits
- No deleterious effect on the emulsion quality, shelf life and sensory attributes of the product.