

Conference Abstract

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Conference Abstract

BAKED ALFREDO PASTA BY BLEND OF SOYBEAN FLOUR, ALL PURPOSE FLOUR AND SAMOLINA FLOUR

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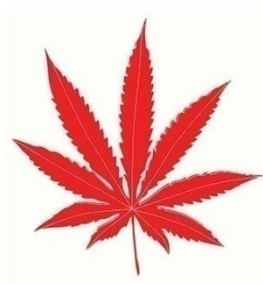
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ABSTRACT

Pasta nowadays is a very common dish among young people. Mostly people do not take it, as they are gluten allergic. On the other hand, adults think that its not a healthy dish to eat so to make it nutritive and gluten free research is conducted. This research study was conducted to a healthy, tasty and allergic free dish. In this study, Wheat flour is replaced by soy flour. We incorporated soy flour in different levels to check the effect on dough, 100% soybean produce a very hard dough which was not desirable then 80%,75%,70% blends were made with combination of samolina and finally the perfect dough was formed by the blend of soy flour semolina and all purpose flour for desired pasta then pasta was analyzed for hedonic and quality parameters. Twenty different people of our department tasted pasta, different parameters were selected and all 20 members rate it with 99% acceptance. Hedonic and appearance evaluation indicate that good quality Alfredo pasta can be prepared by substituting wheat flour with soy flour because of its nutritional properties. Soy flour is a vegetarian source of omega 3 fatty acids and also rich in fiber, vitamins and minerals.



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