

Development of Nutrient Rich Value Added Instant Soup using Coconut Flour and Red Rice Flake

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Abstract

Dry instant soup mixes are one of the food items, which cater to the busy life style of the people and it is an easy way of providing nutrients across the world. The coconut (*Cocos nucifera L.*) is the most extensively grown and used nut in the world. Coconut is the one of major exporting crops in Sri Lanka. There are number of product made out of using various parts of coconut tree. Among these products, kernel based products plays major role as food items. Coconut flour is a latest popular by product and highly nutritional material since it rich with higher amount of dietary fiber, protein and some minerals. Red rice also contains numerous health benefits than white rice. The main objective of this research was to develop nutrient rich value added instant soup using coconut flour and red rice flake. Research was conducted as three experiments. In experiment 1, best spices and other ingredient mixture and suitable amounts were selected. Five treatments were taken with different level of ingredients and different types. In experiment 2, best combination of coconut flour and red rice flake amounts were selected. Five treatments were taken by changing the coconut flour and red rice flake amount. Sensory data were analyzed according to Friedman test at 5% level of significance. In experiment 3, shelf life evaluation was practiced. Chemical composition analysis was conducted to evaluate nutrient value of the product. On the basis of the result the sample which is used 25% Coconut Flour and 12.5% Red Rice Flake has been selected as the best ratio for final soup mixture. The instant soup has higher nutrient value with reference to the local market dry soup mix and it can be concluded that the product has one month of shelf life on the basis of shelf life analysis result.

Keywords: Coconut flour, red rice flake, instant soup, sensory, shelf life