

Formulation of Buckwheat Cookies and their Nutritional, Physical, Sensory and Microbiological Analysis

Nidhi Chopra, Bhavnita Dhillon* and Shruti Puri

Guru Nanak Dev University, Amritsar 143005, Punjab, India.

Abstract

The consumer demand is increasing for composite flour based bakery products like cookies and biscuits. The incorporation of buckwheat flour into wheat flour can prove to be essential in composite flour based cookies. Buckwheat flour has nutraceutical properties and it is gluten free. These properties will make buckwheat cookies a suitable snack for health conscious people and those suffering from celiac disease. The physicochemical properties of buckwheat flour and wheat flour were studied and cookies were prepared with the incorporation of buckwheat flour in 100, 75 and 50% concentration with wheat flour. The quality and acceptability of cookies was analysed by measuring physicochemical properties and through microbial and sensory analysis. Eight different type of cookies were formulated, four having egg as binder and other four containing xanthan gum. As the concentration of buckwheat flour was increased, the fiber and protein content of the cookies also increased. The protein and fiber content of 100% buckwheat cookies with egg increased by 52.6% and 18.86% respectively. The cookies formed with addition of 75% buckwheat and 100% wheat having egg as binder got high overall acceptability score in comparison to other formulated cookies. The cookies with egg got the higher sensory score than the cookies with xanthan gum.

