

Effect of rice bran on quality and shelf life of Fouman Cookie, Yazdi Cake and Eshtrodel bread

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Abstract Since rice is one of the most important cereals in the world, its bran is very significant in terms of quantity. The use of rice bran as a rich source of fiber, vitamins and minerals helps to increase nutritional value and shelf life of food products. In this research, the effect of rice bran on the quality and shelf life of Fouman Cookie, Yazdi Cake and Eshtrodel has been studied. For this purpose, rice bran was used at levels of 0, 10% and 20% in the three products of Fouman Cookie, Yazidi Cake and Eshtrodel. The evaluation of qualitative, chemical, durability and sensory properties of the three products was done using the standard methods. The results showed that rice bran had no significant effect on odor and taste of Fouman's Cookie, Yazdi cake and Eshtrodel, but adding rice bran up to 20 percent has a significant positive effect on the chemical properties (protein, moisture and fat) of each of the three products. Rice bran had no significant effect on the characteristics of the crumb a, crumb b and crust a. With the addition of bran up to 20%, the hardness increased, but the addition of rice bran didn't have any significant effect on the adhesiveness and resilience parameters. The addition of rice bran to 10% on Yazdi cake had significant effect on the gumminess, but the increase in the amount of rice bran up to 20% increased the Yazdi cake gumminess, significantly. Chewiness of Yazdi cake significantly increased by increasing the amount of rice bran to 20%. Also, the results showed that Eshtrodel springiness significantly decreases by increasing the amount of rice bran to 20%. Rice bran didn't had any significant effect on the Eshtrodel Chewiness. In conclusion, adding rice bran up to 10% showed a favorable result in all the three products.
Keywords: Rice Bran, Fouman Cookie, Eshtrodel, Yazdi Cake, Sensory Analysis, Chemical Analysis, Texture Analysis

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