

Comparison of physico-chemical, microbial and sensory properties of yoghurt drink (Doogh) with flavor of cumin and thyme

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Doogh is one of the most popular fermented dairy beverages that is widely consumed in Iran and some Eastern and Middle Eastern countries. One of the ways to increase the per capita consumption of this healthy and desirable product is the use of suitable medicinal plants for changing the taste and increase the shelf life. Therefore, in the present study, different percentages of thyme and cumin extract 0% to 0.1% (0-0.1, 0.025-0.075, 0.05-0.05, 0.075-0.025, 1-0) was added to the doogh and various physiochemical and sensory properties were performed for 60 days (1, 15, 30, 45 and 60 days). One sample was also produced as control sample without any extract. The results showed that C treatment (0.05% thyme and 0.05% cumin extract) showed the lowest pH and highest acidity among different doogh. The dry matter and fat content of the different doogh did not show any significant difference. Significant differences were observed between the treatments with respect to coliform count. So the highest count was observed in control treatment. Until day 30, no coliform, mold and yeast growth was observed in the dooghs, and coliform, mold and yeast levels were within the standard range on day 60. The fat and protein content of dooghs did not significantly change during storage time. Sensory assessment showed in terms of taste, oral texture and overall acceptance, C treatment was ed as the best sample and the control sample was ranked second. Sensory properties of doogh samples decreased with increasing storage time. Over time, the sensory properties of the dooghs significantly decreased and all sensory properties decreased. The overall results of this study indicated that 0.05% of cumin and 0.05% of thyme can be used in doogh with appropriate physicochemical and sensory properties.

Keywords : : Doogh, Thyme and Cumin Extract, Physicochemical Properties, Sensory

Properties, shelf life

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