

Ingredients

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GIVE YOUR BUSINESS AN EDGE

OATS - THE MIRACLE GRAIN

हिंदी विभाग:
ब्रेड ड्रायफ्रूट करंजी
और नयी मिठाईयों
की विधीयाँ





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Founder Chairman
Late Shri R.K. Prasad

Published by:
New Media Communication Pvt. Ltd.

Managing Editor: Satya Swaroop
Director: B.K. Sinha
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Printed and Published by Satya Swaroop Prasad.
Printed at Mumbai Enterprises, Sakinaka,
Andheri Kurla Road, Andheri (E), Mumbai.
Published at New Media House, 1 Akbar Villa,
Marol-Maroshi Road, Andheri (East),
Mumbai 400 059. India

The news items and information published herein have
been collected from various sources, which are
considered to be reliable. Readers are however requested
to verify the facts before making business decisions using
the same.



Dear Readers,

This issue is a continuation of our series on dairy products which we have been featuring in the confectionery section. We are always committed to share with you the ingredients used in the bakery industries.

People prefer using dairy products while preparing various sweets during the festive season. As requested by you, we have included a few recipes while keeping in mind our health conscious readers. These recipes will help you make the most delicious and mouth watering delicacies which will win you smiles, appreciations and accolades. And they are the secrets behind the success of many a bakery.

We also feature an interview with famed Chef Vikas Khanna and a cover report on the FI India Exhibition, an annual event organized by UBM India for B2B exhibitions covering major industry verticals. They had organized their 6th edition of Fi India, a 2 day International Exhibition and Conference on Food Ingredients at the Bombay Exhibition Centre, Mumbai on 3rd and 4th October, 2011.

I am sure you will enjoy reading this issue and gain more insight from it. If you want to send any articles or feed back, please feel free to write to me at: manjeet@newmediacomm.com or visit our website at www.newmediacomm.com.

Do not miss our next issue as our special features will be on Cakes and Pastries.

Best Wishes and Happy Reading!

Manjeet Bhawsar



नानखटाई

नानखटाई का मतलब है ब्रेड को छः तरह की सामग्रीयों से बनाया जानेवाला बिस्कीट, जहाँ नान का मतलब है ब्रेड और खट का मतलब है छः जो छः तरह की सामग्रीयों का उल्लेख करता है। यह एक प्रकार का अंडारहित बिस्कीट है जिसकी उत्पत्ति सुरत में हुई थी। नानखटाई का इतिहास बहुत ही रोचक है। १६ वीं शताब्दी में डच अन्वेषक भारत में मसालों का व्यापार करने के लिए आए थे। उस समय सुरत बहुत ही व्यस्त शहर था, तब उन्होंने सुरत में बेकरी का निर्माण किया जहाँपर उन्होंने ब्रेड बनाने के लिए बेकरी में पाँच कर्मचारी



रखें। जब डच भारत छोड़कर गए तब उन्होंने यह बेकरी एक श्री फारामजी पेस्टनजी धोतीवाला नामक विश्वासपात्र कर्मचारी को सौंप दी और शीघ्र ही यह बेकरी “धोतीवाला बेकरी” नाम से प्रसिद्ध हो गयी। डच शैली की ब्रेड भारतीयों को पसंद नहीं आयी और इसी वजह से व्यापार में गिरावट शुरू हुई।

तब धोतीवाला ने वित्तीय अस्तित्व के लिए सांत्रयन खाना पकाने के शेफ बनने का फैसला किया, उनका एक ऐसा संशोधन है नानखटाई जो डच मक्खन बिस्कुट और दाल नामक एक गुजराती स्थानिय मिठाई का संयोजन है। धोतीवाला के अन्य बिस्कुट जो ईरानी बिस्कुट से लोकप्रिय है

जिसके बचे हुए बिस्कुट जो सुरा बिस्कुट के नाम से जाना जाता है। मुंबई में गुजरातीयों की बहुत बड़ी संख्या है इसी वजह से उन्होंने नानखटाई को मुंबई ले आए जहाँपर यह चाय-नाश्ते के साथ बहुत लोकप्रिय बन गयी। लोग उन्हें गरम मसाले वाली चाय में डुबाकर इसका आनंद लेने लगे। यह कुकीज एक तरह का भारतीय संस्करण है।

मुल रूप से नानखटाई के नुस्खे में बेसन, आटा, चीनी, मक्खन और मेवे (बादाम और पिस्ता) विशेष सामग्री के रूप में इस्तेमाल किये जाते हैं। जब इन सारी सामग्रीयों को एक साथ मिलाया जाता है, तब एक अद्भुत सवाद और कुकीज का स्वाद बनता है। इस कुकी को हलका और सस्ता बनाने के लिए इसमें एक चुटकी बेकींग पाऊडर भी डाला जाता है।

मुंबई के बाद नानखटाई पूरे भारत में प्रसिद्ध हो गयी। उत्तर भारतीयों ने इसकी ज्यादा परवाह नहीं की और एक संस्करण का उत्पादन किया जो आज तक लोकप्रिय है और कुरकुरे बिस्कीट की तरह है।

नानखटाई के प्रकार :

नानखटाई के नुस्खे की सामग्री में अंडे नहीं होते, आजकल कुकीज का स्वाद बढ़ाने के लिए अंडे का इस्तेमाल किया जाता है। नियमित रूप से कुकीज को जायफल और इलायची डालकर बनाया जाता है। अन्य जायकों के साथ चॉकलेट, बादाम, वेनिला और असली आम के जायके काफी लोकप्रिय हैं। वेनिला सार और केसर को भी अतिरिक्त घटक के रूप में वास्तविक नानखटाई के नुस्खे में इस्तेमाल किया जाता है।

नानखटाई के स्वास्थ्य और पोषण तथ्य :

यह कुछ हल्की और स्वादिष्ट होती है। इसमें वसा की उच्च मात्रा भी नहीं होती है और इसमें सोडियम की मात्रा कम होने की वजह से सभी इसका आनंद उठा सकते हैं। ♦

बेफड ड्रायफ्रुट करंजी

सामग्री :

२ कप मैदा, ३ टि स्पून घी, चुटकीभर नमक, दुध (आटा गुंथने के लिए), ३/४ कप बारीक रवा, ३ कप खोया (भुना हुआ), ३ चम्मच इलायची पावडर, ५ चम्मच पिसी शक्कर, ३/४ कप ड्रायफ्रुट्स, २ चम्मच चारोली (चिरोंजी), १/४ कप खोपरा कटुकर किया हुआ ।

विधि :

१) दो कप मैदे में नमक और ३ कप घी मिला ले फिर उसे अच्छी तरह से मसल ले, दूध डालकर उसे गुंथ लें और १५ मिनट उसे ढक दे ।

२) आटे के २५ से ३० छोटे छोटे गोले बना ले । गोले तकरीबन एक इंच का होना चाहिये ।

३) गोले को बेलकर पुरी का आकार दें और बीच में ड्रायफ्रुट का मिश्रण भर दें और उसे कोने पर हल्का पानी लगाकर बंद कर दें और कटर से काटकर डिजाइन बना दें ।

४) इसी प्रकार सभी करंजी बना लें और उनपर घी लगाकर बेकींग पैनपर अल्युमिनियम फॉइल पर

रख दें ।

५) ओवन को २७ एस.एफ. पर गर्म करने के बाद, करंजीयों को ४०-४५ मिनट तक बैक करे, उन्हें ज्यादा भुरा न करें नहीं तो अंदर का मिश्रण जल जायेगा ।

टिप्स :

यह पूरी तरह से डाईट रेसिपी नहीं है क्योंकि



इसमें आटा गुंथते वक्त घी डाला गया है । बिना घी के करंजी सुख जायेगी और बैक करते वक्त जल सकती है । ❖

सीताफल का हलवा

सामग्री :

२५० ग्राम चीनी, २५० ग्राम खोया, ५ ग्राम इलायची पावडर, २५ ग्राम भीगे, छिल व कटे हुए बदाम, २० ग्राम किशमिश, ४०० ग्राम देसी घी, ५०० ग्राम सीताफल

विधि :

सीताफल को छीलकर अच्छी तरह धोकर कसलें । अब पैन में सीताफल में चीनी डालकर तब तक

पकाएं । जब तक की उसका सारा पानी सूख नहीं जाता है । सीताफल पकाते समय इस बात का ध्यान रखे कि वह पैन से चिपके या जले ना । अब खोये को मैश करके उसमें डाल दें । उस में देसी घी और सभी मेवे डालकर खूब अच्छी तरह भूने । आंच से उतारकर हल्का ठंडा करें । बाऊल में हलवा डालें और उसके उपर से इलायची पाउडर डालकर सर्व करें । ❖



मूंगफली का हलवा

आवश्यक सामग्री :

मूंगफली - १०० ग्राम (एक छोटी कटोरी)
 घी - २ टेबल स्पून
 मावा - ५० ग्राम (आधा छोटी कटोरी)
 चीनी - १२५ ग्राम (१ १/४ छोटी कटोरी)
 काजू - १५ (५-६ टुकड़े करते हुए काट लीजिए)
 किसमिस - १५-२० (डंठल तोड़ कर धो लीजिए)
 बादाम - ७-८ (पतले पतले काट लीजिए)
 पिस्ते - ७-८ (पतले पतले काट लीजिए)
 छोटी इलायची - ४-५ (छील कर कूट लीजिए)

विधि :

मूंगफली के दाने छिले हुए, ३-४ घंटे के लिए पानी में भीगो दीजिए । पानी से दानों को निकालिए और थोड़ा दरदरा पीस लीजिए ।

कढ़ाई में घी डालकर गरम कीजिए । घी में मूंगफली के दाने का पेस्ट डालकर भूनीये (भूनते समय आपको कढ़ाई में इस पेस्ट को लगातार चलाते रहना है, यह तले में बड़ी जल्दी लगने लगता है ।) जैसे ही अच्छी महक आने लगे, मावा डालकर मिलाइये और भूनीये, हल्का ब्राऊन होने पर गैस बन्द कर दीजिए ।

किसी बर्तन में चीनी को निकालिये, चीनी की मात्रा के बराबर पानी (१०० ग्राम चीनी में १०० ग्राम पानी) लेकर चीनी में मिलाइये । गैस पर रखिये, चीनी घुलने तक पकाइये, थोड़ा सा बादाम और पिस्ता बचा लीजिए, जिसे हम हलवे के उपर डालकर सजायेंगे । बचे हुए सारे मेवे और इलायची चाशनी में मिला दीजिए ।

भूने हुए पेस्ट में चाशनी मिलाइयें और ४-५ मिनट तक पकाइये । लीजिए मूंगफली के दाने का हलवा तैयार है । हलवे को कांच के प्याले में निकालिये और कतरे हुए मावे डालकर सजाइये ।

गरमा गरम हलवा परोसिए और खाइये । बचे हुए हलवे को फ्रीज में रख दीजिए । एक सप्ताह तक जब भी आपका मन हो हलवा फ्रीज से निकालिये । ठंडा या गरम हलवा जैसा आपका मन हो खाइये ।

आप इस हलवे को चाहे तो बर्फी की तरह भी जमा सकते हैं ।

इसके लिए आपको चाशनी में पानी की मात्रा चीनी की मात्रा के बराबर की जगह आधी मात्रा में डालना होगा । इससे हलवा अधिक सूखा होगा जिसे आप जमा सकेंगे । बर्फी जमाने के लिए थाल पर घी लगाकर चिकना कर लीजिए और हलवा को जमाकर उस पर कतरे हुए मेवे डाल दीजिए । ठंडा होने के बाद बर्फी की शक्ल में काट लीजिए । ❖



स्वीट कॉर्न बर्फी



आवश्यक सामग्री :

स्वीट कॉर्न - ५०० ग्राम (२.५ कप)

घी - १०० ग्राम (आधा कप)

मावा - १५० ग्राम (३/४ कप)

चीनी - ३०० ग्राम (१.५ कप)

काजू १५-२० (एक काजू को ७-८ टुकड़े करते हुए काट लीजिए)

छोटी इलायची ५-६ छील कर पीस लीजिए ।

पिस्ते - ७-८ (बारीक कतर लीजिए)

विधि:

स्वीट कॉर्न को साफ पानी से अच्छी तरह धो लीजिए । मिक्सर में डालिये और बारीक पीस लीजिए ।

भारी तले की कढ़ाई में घी डालिये और गरम कीजिए, गरम घी में पीसे हुए स्वीट कॉर्न डाल दीजिए, मीडियम गैस पर करछी से चलाते हुए भूनिये, जब स्वीट कॉर्न पेस्ट का कलर बदल जाए, अच्छी महक आने लगे, या फीर स्वीट कॉर्न पेस्ट कढ़ाई से सतह से अलग होता दिखाई देने लगे तो आपका यह स्वीट कॉर्न पेस्ट भून कर तैयार है । इस भूने हुए स्वीट कॉर्न पेस्ट में मावा डाल दीजिए और

४-५ मिनट तक करछी से चलाते हुए भूनिये ।

किसी बर्तन में १०० ग्राम चीनी और पानी मिलाईये (चीनी की मात्रा का १/३ गुना पानी चीनी में डालिए ।) और चाशनी बनाने के लिए गैस पर रख दीजिए । चाशनी में उबाल आने के बाद ५-६ मिनट पकाइये, भूने हुए स्वीट कॉर्न पेस्ट और मावा में ह चाशनी डाल कर मिलाइये, साथ ही थोड़े से काजू के टुकड़े बचाकर काजू भी मिला दीजिए, करछी से चलाते हुए पकाइये, किनारा से झाग आने लग जाए और मिश्रण फूलने लगे, गैस बन्द कर दीजिए ।

मिश्रण में इलायची डालकर मिला दीजिए ।

एक थाली या ट्रे में घी लगाकर चिकना कीजिए । मिश्रण को थाली में डालकर घी लगे चमचे से एक जैसा फैला दीजिए । बारीक कतरे हुए काजू और पिस्ते उपर से डालकर चमचे से दबा दीजिए । एक या डेढ़ घंटे के बाद बर्फी जमकर तैयार हो जाएगी । चाकू से स्वीट कॉर्न बर्फी को अपने मन पसन्द आकार में काट लीजिए । लीजिए बन गई हमारी स्वीट कॉर्न बर्फी । खाइये, कितनी स्वादिष्ट है । बची हुई स्वीट कॉर्न बर्फी को एयर टाइट कन्टेनर में भर कर रख दीजिए । एक सप्ताह तक कभी कन्टेनर से बर्फी निकालिए और खाइये । ❖



खसखस के बिस्कुट



सामग्री :

- १ २/३ कप गेहूँ का आटा
- १ कप मैदा
- १/२ चम्मच नमक
- २ चम्मच खसखस
- १/२ कप मागारिन या सफेद (मक्खन)
- १/२ कप पाल्मोलिन तेल
- १ कर पीसी चीनी (शक्कर)
- १ अंडा
- १/३ कप मिक्सर फल का जाम (मिक्स फल जाम)
- १ चमच वनिला अथवा कोई भी एसेन्स

विधि :

१) एक बर्तन में गेहूँ का आटा, मैदा, खसखस और नमक डालकर मिक्स कीजिए ।

२) एक खड़े बर्तन में मक्खन, तेल, शक्कर, एसेन्स और एग्स को डालकर एग्स बीटर से अच्छी तरह से फेटे । उसे करीबन ५ मिनट तक फेटें । फिर पहलेवाली सामग्री यानी की सूखी सामग्री को गीली सामग्री में धीरे धीरे मिलायें ताकि एक सम्पूर्ण मिश्रण तैयार हो । अब इसे छोटे छोटे गोले बनायें । पेड़े का आकार दे और बेकींग ट्राय में रखकर हलके से अंगूठे से दबायें । अब दाम को चम्मच से इस बिस्कीट में डालें ।

३) ओवेन को १७० डिग्री तापमान पर सेट कीजिए और आपके बिस्कुट को बेक कीजिए । ३० मिनट फिर उसे ओवेन से निकालकर ठंडा होने दीजिए । अब आनंद लीजिए चाय और कॉफी के साथ । ❖

तीन रंगी मावा-पनीर चक्की



सामग्री :

४०० ग्राम मावा, ३५० ग्राम शक्कर, १५० ग्राम
पनीर, मीठा पीला व हरा रंग खाने वाला, इलायची
पाउडर १ चम्मच, बरक

विधि :

मावा और पनीर को किसनी से कहुकस कर लें
। अब इसमें चीनी मिला दें । कड़ाही में मध्यम आँच

पर पकने दें । मिश्रण गाढ़ा होने पर गैस बंद कर दें
। अब इसे तीन भागों में बराबर बांट लें । पहले
वाले को सफेद रखें । दूसरे और तीसरे भाग में मीठा
पीला रंग और हरा रंग मिला लें । हल्के हाथ से
मोटा बेल लें और सबसे नीचे हरा, फिर सफेद ऊपर
पीले रंग की जमा दें और हल्के से हाथ से दबाकर
(वर्क) चिपका दें । तैयार सामग्री को चौकोर
आकार में चक्की काट लें और सर्व करें । ❖

अखरोट ब्राऊनी बर्फी

सामग्री :

५०० ग्राम खोया, आदा कप रोस्टेड अखरोट के
छोटे-छोटे टुकड़े, आदा कप शक्कर का पाऊंडर,
३०० ग्राम कोई भी डार्क चॉकलेट ।

विधि :

खोए को कहुकस कर लें । डार्क चॉकलेट को भी
कहुकस कर लें । अब एक नॉनस्टिक पैन या कड़ाही
में खोए को भूनें । चार-पाँच मिनट बाद शक्कर
और अखरोट डालकर अच्छी तरह मिला लें । उसके
बाद कहुकस किया हुआ चॉकलेट मिलाकर चलाते
रहें । जब अच्छी तरह मिक्स हो जाए तो आँच से
उतार लें । एक ट्रे में तेल लगाएँ और उसमें इस
मिश्रण को फैला दें । एक घंटे के बाद आयताकार
टुकड़ों में काटकर रख लें ।

टिप्स : (अग खोए और चॉकलेट का मिश्रण
आपको सूखा लगे तो भूनते समय उसमें एक-दो

चम्मच दूध मिला सकते हैं । अगर ज्यादा गीला
लगे तो इस मिश्रण को आँच पर सुखाने की
कोशिश न करें, इससे मिश्रण के जल जाने का
खतरा है । ❖





चुस्ती-फूर्ती के लिए जरूरी है फलों के रस

सॉफ्ट ड्रिंक का बेहतर विकल्प हैं फलों के ताजे रस

कहना न होगा कि आज-कल शहरों में हर दूसरा शख्स फिटनेस के प्रति सचेत हो चुका है। जहां तक फिटनेस की बात है अमूमन लोग फिटनेस का मतलब फिट रहना, तंदुरुस्त रहना तथा निरोगी रहना नहीं समझते... बल्कि लगभग सभी लोग अपना वजन कम करने के पीछे भाग रहे हैं, जिम तथा फिटनेस सेंटर में काफी सारी फीस देकर अपना वजन कम करना चाहते हैं। बहुत थोड़े लोग है जिन्हें वाकई में अपना वजन कम करने की फिकर है, तंदुरुस्ती पाने की...।

तंदुरुस्ती और चुस्ती-फूर्ती पाने के लिए शायद ही कोई खास प्रयास किए जाते हैं। अधिकतर लोगों का मानना होता है कि चुस्ती-फूर्ती तो रोजमर्रा खानपान से मिल जाती है। एक सर्वेक्षण के अनुसार तो देखा गया है कि चुस्ती-फूर्ती किस चिड़िया का नाम है, लोग नहीं जानते... न एहसास है उन्हें कि स्वस्थ जिंदगी पाने के लिए बेहद जरूरी है चुस्ती-फूर्ती पाना।

चुस्ती-फूर्ती पाना यानी दैनंदिन जीवन में ऐसी उर्जा पाना जिसके चलते आप अपने रोजाना जिंदगी को ताजगी, उल्लास और मिठास के साथ पूर करें। अपने दैनंदिन कामों से फार्निंग नहीं होंगे आप। क्या हम नहीं कहते फलाना कामा निपटाना है। काम करने के पीछे उद्देश्य महज निपाटाना रह गया है। काम या कोई भी लक्ष्य पाने के लिए उसमें ध्यान देना पड़ता है, उसे तन-मन से कहना होता है। उसे सकारात्मक उर्जा के साथ कर सकेंगे तो आवश्यक है चुस्ती-फूर्ती का स्रोत... वो रोज के दाल-चावल रोटी से आसानी से नहीं मिलेंगे, उसके लिए थोड़ी सी मेहनत जरूरी है। ताजे फल और हरी सब्जी और उसके रसों में विटामीन, मिनरल्स, एंसाइम्स और प्राकृतिक चीनी मिली होती है, जिससे जैसे तुरंत एनर्जी प्राप्त होती है, तोरताजा होने की भावना जागृत होती है। फलों का रस जितना हो सके नियमित रूप से सेवन करें, जिससे उर्जा प्राप्त होती ही है पर उन्हें लेने से शरीर की पाचन शक्ती में सुधार होता है। ताजे फलों के रसों में जो पौष्टिक मुल्य होते हैं वे रोग निवारक होते हैं।



शरीर को निहात जरूरी है फायबर । फलों में फायबर का प्रमाण पर्याप्त मात्रा में मिल जाता है ।

हर प्रातः लिया हुआ एक ग्लास फलों का रस दिन भर की ताजगी-उत्साह की शुरुआत करता है । फलों का रस बच्चे, बीमार, गर्भवती महिलाएं सभी के लिए उपयुक्त होते हैं । हाल ही में हॉवर्डस विश्वविद्यालय में किए गए एक संशोधन के अनुसार ताजे फल-फलों का रस तथा हरी सब्जियों का रस शरीर में एन्टीबॉडीज का विकास करते हैं, जिस से रोग प्रतिकारक शक्ति बढ़ती है और फलों से मिलनेवाली चीनी हृदय की शक्ति बढ़ाती है ।

फलों का ज्यूस :

मिठे फलों के रस: आम, अंगूर ।

कम खट्टे फलों का रस : सेब, बेर, पपीड़ा, नाथ-पती

खट्टे फलों का रस : संत्रा, मुसंबी, निंबू, स्टॉबेरी, अनानस, कलिंगर, अनार ।

सब्जियों (पत्तेदार) का रस : गोबी, हरा धनिया, पालक

हरी सब्जियों का रस : दुधिया, करेला, ककड़ी

फल सब्जियों का रस : गाजर, शलगम, बीट

क्या है रस का मिश्रण :

फलों और सब्जियों के रस को एक साथ न मिलाएं, दोनों के गुणधर्म अलग होते हैं ।

मिठे फलों के रस में खट्टे या कम खट्टे फलों के रस को भी न मिलाएं । खट्टे फल और सब्जियों के रस को भी एक साथ न करें ।

फल सब्जियां जैसे गाजर, मुली, ककड़ी के रस को पत्तेदार सब्जियों में मिलाया जा सकता है ।

कितना पीएं फलों का रस :

फलों के रस के कोई भी साई-इफेक्ट नहीं होते हैं, फिर भी फलों के रस खुद को सुट होते हैं या नहीं, शरीर पर उसका कोई गलत प्रभाव तो नहीं पड़ता यह ज्यूस को पीने से पहले जाँच लेना चाहिए । हो सकता है बनाना शेक जो दूसरे व्यक्ति को

एनर्जी का स्रोत हो, उसका आप पर, आपके शरीर पर दुष्प्रभाव पड़ता हो । इस वजह से बेहतर होगी कि ज्यूस को पीने से पहले उसे आधा कप पहले नमूने के तौर पर पीकर देख लें ।

यदी फल और सब्जियां दोनों का ज्यूस एक साथ मिलाया गया तो पेट में गैसेस की शिकायत होने की संभावना हो सकती है । यह मिश्रण गलत होगा ।

फल हो या सब्जियों का रस वो हमेशा ताजा ही हो । एक घंटा पहले बनाया हुआ ज्यूस भी सेहत के लिए हानिकारक हो सकता है ।

बीट और गोबी (पत्ता गोबी) के रस में पानी डालकर न पीएं, उससे दस्त होने की संभावना होती है ।

जिन्हें डायबिटीज, जोड़ों का दर्द हो उन्हें फलों का रस पीते वक्त आधा ग्लास ज्यूस और आधा ग्लास का प्रमाण कर फिर उसे पीना चाहिए ।

फलों का रस निकालकर उसे फ्रीज में रखकर भी पानी गलत होगा । ताजा रस हो तो ही उसे सेवन करें ।

फल और सब्जियां दोनों का रस निकालने से पहले उन्हें साफ धो लें, उसपर मिट्टी के अंश या गंदगी न रह पाए ।

कृपया ध्यान दें :

फलों का रस हो... या सब्जियों का रस इन्हें पीने से ताजगी, चुस्ती फुर्ती मिलती है यह सच्चाई है, पर फलों का रस कभी भी रोज के नियमित भोजन का विकल्प हरगिज नहीं बन सकता । सिर्फ फलों का रस ही दिन भर लेना उचित नहीं होगा । फलों के रस को मिलाकर पीना हो तो सोच समझकर मिश्रण करें वरना पेट खराब हो सकता है ।

हां दिन में एकाद ग्लास ज्यूस पीना सेहत को फायदा ही पहुंचाएगा....भश्र्ते वो ज्यूस ताजा हो । आवश्यकता न हो तो फलों के ताजे रस में अलग से चीनी मिलने की जरूरत नहीं होती । फलों के ताजे रस किसी भी सॉफ्ट ड्रिंक से हजार गुना बेहद अच्छे होते हैं । प्यास, चुस्ती-फुर्ती और उर्जा सभी मर्ज की एक दवा है...फलों के रस । ❖



The Indian Food & Beverage Market to touch US\$330 billion by 2015

Fi India 2011 a growth catalyst to the Indian Food & Food Processing Industry

India, October 2011: "Fi India 2011", South Asia's leading exhibition & conference for the food ingredients and food processing industry, organised by UBM India, was inaugurated successfully by Shri Satej Patil, State Minister for Home, Rural Development and Food & Drug Administration, Maharashtra. The sixth edition of the 2 day exhibition & conference opened today at Bombay Exhibition Centre, Goregaon, Mumbai. The event provides an excellent platform to food professionals across the globe to meet and explore business opportunities.



Mr.Satej Patil, State Minister for Home, Rural Development and Food & Drug Administration, Maharashtra illuminating the lamp at Fi India 2011

“The recently amended Food Safety Act once again brings into focus the vital role that the Food Ingredients industry would play in establishing safety standards. The Government of Maharashtra would do its utmost to provide a level playing field for companies in this sector and would also create a conducive business environment to attract foreign investments”, said Shri Satej Patil. He also went on to add that, “India’s total processing strength of its produce is expected to reach 35% of the total produce by 2025. We are

aiding this remarkable shift are changing lifestyles, eating habits, increased per capita income and increasing nutritional awareness, which has led to the demand of healthy, nutritious and cost effective convenience foods.”

With four, half-day seminars covering the most critical issues in the Indian F&B industry, the exhibition provided 2 days of strategic and practical guidance on the fast changing regulatory requirements, both in India and globally. The aim of the conferences is to guide



L - R Mr. Bipin Sinha, Mr. Nick Ornstien, Mr. Satej Patil, Mr. Sanjeev Khaira

happy to note that with ‘Fi India 2011’, UBM has taken the right step in promoting this sector and has strengthened the government’s hands in providing a platform to promote the food and food ingredients industry.”

India’s food ingredients market itself is expanding at a 9% growth rate annually, well above the 5-6% global average. What was once a small market valued at \$470 million in 2007, which was only a meager 1.6% of the global market, is now getting worldwide attention from major food and beverage manufacturers and food ingredient companies. Mr. Sanjeev Khaira, MD, UBM India said, “The factors

the food and beverage processing business in India to the next level with sessions covering innovations in bakery, dairy, ingredients, health and wellness.

The key speakers at the conference included R Inder Bhalla, Coco Berry; H. K. Desai, Amul Dairy; Prabhakar Kanade, Mother Dairy; Devendra Prakash Shah, Parag Milk Foods; Hem Chandra Joshi, Dabur, Vivek Sistla, Unilever; Om Prakash Mishra, Mapro Foods; Rajiv Subramaniam, Tata; P. Krishnakumar, Hindustan Unilever; Pankaj Agarwal, Britannia Industries, Suchitra Tripathy, Novozymes South Asia.



MARKET WATCH

The highlight of this year's exhibition, being featured for the first time was the Nutraceutical pavilion which constitutes functional food ingredients and nutraceutical products. The nutraceutical sector is fast gaining acceptance globally for its ability to address the demands generated by the burgeoning wellness industry. Fi India has thus emerged as the biggest congregation of the Indian Nutraceutical fraternity in India and South Asia. Another specialized pavilion at the exhibition was China.

Companies such as Cargill, DSM, DKSH India, Insta Foods, Kerry, Kancor, Kamani Oils, Novozymes, Novastell, Piramal Health Care Ltd., Roha, Roquette, Saraf Foods, Solae, S. A. Pharma Chem, Malaysia Cocoa Board, Spices Board of India were among the other

exhibitors.

With over 120 exhibitors participating, nearly 4,500 industry visitors came to the event, including those from the USA, Singapore, UAE, Australia, Malaysia, Bangladesh, Dubai, Taiwan, Korea, Italy, Belgium and France.

Food Ingredients India 2011 offered a unique networking opportunity for a cross section of representatives that included companies showcasing ingredients for food and beverages, food and dietary supplements, functional foods, health foods, nutraceuticals, natural foods and organic foods. Exhibitors, professionals and visitors alike greatly benefited and got to know more about the opportunities in India's Food Processing Industry ❖



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Sesame Seeds

give high nutrition
and protection
from cancer.

Sesame is a flowering plant of the genus *Sesamum* found in tropical regions around the world. Many of its wild relatives can be found in Africa and a few in India. It is cultivated for its edible seed, which grow in pods. The flowers are yellow, tubular, 3 to 5cm long with a four-lobed mouth. It is also found in blue or purple colors. It is an annual growing plant shooting up to 50 to 100 cm.

Nutrition and health treatments:

The seeds are exceptionally rich in iron, magnesium, copper and calcium. They also contain Vitamin B1 (Thiamine) and Vitamin E (Tocopherol), lignans, including a unique content of sesamin, which are phytoestrogens with antioxidant and anti-cancer properties. Out of 6 kinds of edible oils from different plants, sesame oil has the highest antioxidant content. The sesame seeds contain phytosterols which reduce blood cholesterol levels. The nutrients of the seeds are better absorbed if the sesame seeds are grounded or pulverized before consumption, as in tahini.

Sesame seeds also contain a good amount of anti-nutrient phytic acid. In ancient times women would eat halva, a mixture of honey and sesame seeds to retain their youth and beauty. In Rome, soldiers ate the mixture for strength and energy.

Sesame oil is also used for massage and health treatments of the body. In ancient India, Ayurveda viewed sesame oil as the most viscous of plant oils and believed that it could lessen the health problems associated with Vata aggravation.



FOCUS

Peanut Butter and Black Sesame Cookies

These pretty little things are like a grown-up version of the typical peanut butter cookie. The black sesame seeds are not only eye-catching, but they toast in the oven as the cookies bake, providing a nice balance to the sugar. With only five ingredients and baking time of about ten minutes, these cookies are a snap to make.

(Adapted from the March 2009 issue of Gourmet)



Ingredients

1 cup creamy peanut butter (the less expensive one, not natural)

3/4 cup sugar

1 large egg

1 teaspoon baking soda

5 tablespoons black sesame seeds

Method

Preheat oven to 350°F.

Beat the peanut butter and sugar together in a medium bowl for about 2 minutes or until they are well mixed. Add the egg and baking soda and mix until combined.

Place sesame seeds in a shallow bowl. Use a teaspoon to measure the cookie batter and roll each portion into a ball using your hands. Roll the balls in the sesame seeds to coat them. Arrange balls about 1 inch apart on 2 ungreased baking sheets.

Bake the cookies for about 10 minutes until they are puffed and cracked. Transfer them to the racks for 2 minutes to cool down. Serve or keep them in an airtight container ❖





Soya flour Kooky cookie

Ingredients

- 1 ¾ cup all purpose floor (maida)
- ¼ cup full fatted or defatted soya flour
- 1 tsp baking powder
- 1 cup sugar (powdered)
- 1 cup brown sugar
- 1 cup margarine or butter
- ½ cup raisins
- 2 large eggs
- 1 tsp vanilla essence
- ½ tsp yeast

Method

Mix all the dry ingredients, except sugar in a bowl. Keep aside.
 Blend sugar, margarine/butter and eggs in the second bowl. Whip for 5 minutes with an egg beater till creamy.
 Add the dry mixture into the cream and knead into a dough. Make round balls and press with your hand or roll and cut according to your desired shape.
 Bake at pre-heated oven of 250 degree for 15 minutes.
 Viola! Your cookies are ready!

Tip:

You can also sprinkle oatmeal on the cookies before baking them ❖

Contributed by:
 Vivekanand Ojha
 Sr. Manager Marketing
 RMC Marketing Pvt. Ltd



A candid conversation with Chef

Vikas Khanna

"To make food delicious, different ingredients are required. But the main ingredient is love."

says Chef Vikas Khanna.

Chef Vikas Khanna doesn't need any introduction. He is settled in the US and has been instrumental in introducing Indian food to the American people, including Presidents Bill Clinton and Barrack Obama.

An award winning chef, restaurateur, food writer, film maker and humanitarian, Chef Vikas Khanna is very passionate about cooking that he cannot stop talking about food, their different varieties, origin, ingredients, making style, etc. At present he is busy hosting Master Chef India- Season 2 which is aired on Star Plus.



Pooja Samant-

Let's begin with your background.

Vikas Khanna-

Well, I was raised in Amritsar, India, where I grew up surrounded by large family feasts, the seasonal produce, fresh from the fields of Punjab and of course, my grand mom's traditional delicious home cooking. My interest in cooking and the passion to learn the intricacies of Indian cooking started developing because of her. My elder brother wanted to pursue engineering and I, cooking. When I told my family about my desire to become a chef, an earthquake like situation erupted in the house! The glamour and glory which is associated with today's chefs was not there 25 years ago. The concept of taking up cooking as a profession was something unheard of then. Despite that, hats off to my mom. She said, "Mera beta bawarchi banega (I have no problem if my son becomes a chef). As long as Viku (my pet name) is happy with his decision, he should carry on with that." My mom went on to encourage me saying, "Viku, a chef will become a world class profession one day. Go ahead with confidence." That was how I jumped into this profession and since then, there was no looking back.

Pooja:

What other profession did you thought of other than cooking?

VK:

Cooking has been my only passion since childhood. Cooking is not just about preparing food when you are feeling hungry but it is style, it is purity, it is love, devotion and dedication. Once you have all the ingredients, make sure you put in lots of love to make the dish. You will see that it comes out as pure and as tasty as you can possibly imagine.

Pooja:

What made you participate as the main host and judge in Master Chef-India, Season-2?

VK:

I am enjoying being a part of the show, honestly. My mom encouraged me to take up

the prestigious offer so that is why I came to India, all the way from New York. No doubt, India is an ocean of diversity. People from all over the country and from every walk of life have participated. They have brought their distinctive ideas of food, showcasing their uniqueness. And I mean it when I say that India is an amazing place, not only where food is concerned but also the hospitality and warmth of its people. Once, as I was travelling to Hyderabad and its outskirts as a tourist, I asked a woman for some water to quench my thirst. In a jiffy, she offered me water and mathri (A namkin-like baked maida biscuit). She said that she cannot think of offering me just plain water. She was a poor woman but she was willing to give me more than I asked for. I can proudly say that the whole country behaves in a similar manner. I have also experienced the pure, lovely different food forms in Master Chef- Season 2 which is a very competitive cooking game show.

Pooja:

Please share your experience on serving food to America's most powerful man and that too in the White House.

VK:

On 29th of July 2011, we had a Seva at the White House. 'Seva' is a Sanskrit holy word which means 'giving'. We hosted this dinner for the Hindu American Seva Charities. I got an opportunity to serve Indian food to the President and yes, he enjoyed it a lot. I cooked simple, less spicy yet tasty food.

Pooja:

You have a restaurant in America. What type of food do you serve there?

VK:

Ha....Ha....good question...I can say that food served in my hotel is Fusion Food. These are a few fusion food varieties available in my Manhattan Restaurant- Indian, American, French, Vietnamese, Pan Asian and so on.

Pooja:

Do you think that food, dining and cooking bring different cultures together? Have



FACE TO FACE

Americans gone overboard with fusion cuisine?

VK:

Food is the binding force between people of different cultures. Yes, I do consider food and cooking as a way of life and it thus bring different cultures together. As I said earlier, a chef's role is beyond nourishing the body. Dining is a way to celebrate and bring people together. America is a country of creation so we get the opportunity to create newer versions of cuisines for our diners all the time.

Pooja:

Tell us about your favorite dishes.

VK:

Oh....I love simple food...Trust me, I love bread and butter, ripe tomatoes and sea food. When I visit India I do eat dal chawal.

Pooja:

What are the main ingredients that make food relishing?

VK:

In most of the Indian style of cooking, the main ingredients we use are ginger, garlic, rai, cumin seeds, astofedia (hing) etc but we should not forget that one must also add a dose of love and

warmth as cooking is incomplete without them.

Pooja:

How do you manage time for everything right from writing books to being a chef?

VK:

As I told you earlier, one must have that passion for art, reading and so on. Without passion it is impossible to pursue any dream. I have gone through many crises in my life. My restaurant was about to shut down as it wasn't doing well. My friend then told me that the Dalai Lama was in town and that I should go meet him. I went to seek his blessings. He touched my head with his holy hand. He inspired me to write books, to travel all over, to experience the food of the Himalayas and all the remote places of the world. I was transformed by his encouragement and guidance. I have travelled to Burma, Ladakh, Nepal, Sikkim and to innumerable places. It took me seven years to complete my book on the 'Himalayan Delicacies' and I have made a few films on the holy kitchen too comprising of a seven part series. Unity in diversity is our strongest point. I am motivated by this fact and have made movies on ramzan food, navroze food and so on. Many things are in the loop too. Let us wait and watch the show and see how we can be successful in that ❖



HEALTH BENEFITS

Dairy Products

If you're struggling to get a good night's sleep, foods containing tryptophan should be the first port of call. Tryptophan, an essential amino acid, helps to raise serotonin and melatonin levels in the body, both of which can help induce sleep. While turkey is a famously good source of tryptophan, other (perhaps more bedtime-friendly) sources include dairy products such as yoghurt and milk.

On top of their tryptophan levels, dairy snacks are also a great source of calcium, which helps the brain use tryptophan to create melatonin. Research has also suggested that a deficiency of calcium in the diet can cause disturbed sleep patterns and a lack of deep (Rapid Eye Movement- REM) sleep.

Oats

While many of us associate oats with breakfast, they are also the perfect evening snack. Oats are a good natural source of melatonin, which is often taken as a sleep aid due to its ability to help regulate the body's internal clock. They are also another good source of tryptophan, especially when combined with milk.

Furthermore, oats are rich in both calcium and magnesium; two minerals that have been proven to promote good quality sleep. For a warm, soothing snack before bed, try eating a small bowl of porridge, combined with any of the following toppings to help double its effects.

Bananas

If you suffer from muscle spasms or cramps during the night, it may be that you are deficient in the electrolytes magnesium and



potassium, both of which help to relax muscles and keep them functioning properly. Fortunately, bananas are

an excellent source of both minerals, making them a good bedtime snack, particularly after a heavy exercise session.

As well as being rich in the above essential

minerals, bananas also contain tryptophan. Researchers from the University of New England in New South Wales have also found that having a banana before bed can help sufferers of sleep apnea by keeping their throats open and therefore reducing the risk of choking.

Cherries

For those who have trouble sleeping, you may be familiar with over-the-counter melatonin supplements used to treat insomnia.



However, while melatonin can help to regulate sleep, it may be unwise to use them on a long term basis. Fortunately, cherries provide

a great natural source of melatonin as well as being excellent for overall health.

A study published in The Journal of Sleep and Sleep Disorders Research has indicated that consuming tart cherries before bed helped participants sleep faster and easier, thus making fresh cherries or cherry juice a great natural sleep aid.

Flax seeds

Flax seeds are great for increasing levels of the sleep-regulating substance serotonin in the body due to their high levels of both



tryptophan and omega-3 fatty acids. Furthermore, the omega-3 fatty acids they contain have been proven to help reduce anxiety, depression

and stress which are leading causes of insomnia. Studies also show that they have been shown to be effective against sleep apnea.

Furthermore, flax seeds are a good source of magnesium, which is renowned for its ability to reduce stress due to its relaxing effect on the muscles and nervous system. Magnesium has also been shown to help prevent restless leg syndrome and night terrors; both of which can affect sleep ♦

**Jagmeet Kohli**

MD, Global Organics, the third largest processor and manufacturer of White Oats in India

OATS

The Miracle Grain !

Cholesterol and Heart



Oatmeal and oat bran are significant sources of dietary fiber. This fiber contains a mixture of about half soluble and half insoluble fibers.

One component of the soluble fiber found in

oats is beta-glucans, a soluble fiber which has proven effective in lowering blood cholesterol. Here's how it works. Soluble fiber breaks down as it passes through the digestive tract, forming a gel that traps some substances related to cholesterol, such as cholesterol-rich bile acids. This entrapment reduces the absorption of cholesterol into the bloodstream. The bad cholesterol, LDL, is trapped without lowering the good cholesterol (HDL).

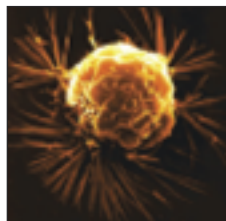
Oats and grains are also one of the best sources of compounds called tocotrienols. These are antioxidants which together with tocopherols form Vitamin E. The tocotrienols inhibit cholesterol synthesis and have been found to lower blood cholesterol. The accumulation of cholesterol is the cause of many types of cardiovascular diseases. Oats, like all cholesterol-lowering agents, are most effective when consumed as part of a low-fat, high-fiber diet taken together with plenty of exercise. The beneficial health effects of oats are best if ½-1 cup (1½-3 ounces) of oats is eaten every day. One study found that the 1/10th ounce (3 grams) of soluble fiber from this amount of oatmeal decreased total cholesterol by approximately 2%, which correlates to a 4% decrease in coronary artery disease. Another study showed 1½ ounces (43 grams) of oatmeal resulted in a loss of 3% in total cholesterol and a 14% reduction in bad cholesterol after two months. Another study found that a 6-8 week diet of 1½-3 ounces (43-85 grams) of oat bran daily lowered total cholesterol by 20% and bad cholesterol (LDL) by as much as 25%. Another study found 3.5 ounces (100 grams) of oat bran (one-third of a cup of oat bran eaten twice a day) lowered cholesterol up to 15%. New research has also discovered that the antioxidants found in oats reduce cholesterol by diminishing the ability of the blood cells to stick inside the artery walls. So in other words, eat a cup of oats a day and you'll be okay!

Blood Sugars

Control of blood glucose and insulin levels is essential in preventing many of the complications associated with diabetes. Oat beta-glucan slows the rise in blood glucose levels following a meal and delays its decline to pre-meal levels. Here's how it works. As the beta-glucan in the soluble fiber of oats is digested, it forms a gel, which causes the viscosity of the contents of the stomach and small intestine to be increased. This in turn slows down digestion and prolongs the absorption of carbohydrates into the bloodstream. This means dramatic changes in blood sugar levels are avoided. Other sources of soluble fiber are grains, fresh fruits

and vegetables.

Anti Cancer



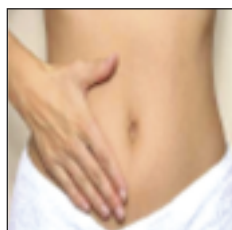
Oats, like other grains and vegetables, contain hundreds of phytochemicals (plant chemicals). Many phytochemicals are thought to reduce a person's risk of getting cancer. Phytoestrogen compounds or lignans in oats have been linked to decreased risk of hormone-related diseases such as breast cancer. Most of the research has been focused on breast cancer, but similar effects are expected on other hormone-related cancers such as prostate, endometrium and ovarian cancer. International research has shown that women with a higher intake of dietary fibers have lower circulating estrogen levels, a factor associated with a lower risk of breast cancer. The insoluble fibers in oats are also thought to reduce carcinogens in the gastrointestinal tract.

Blood Pressure



A daily serving of whole oats rich in soluble fiber can reduce hypertension or high blood pressure thus reducing the need for anti-hypertensive medication. Nearly 1 in 3 American adults have high blood pressure. It usually has no symptoms, but can cause serious problems with the heart and blood vessels, leading to other complications.

Bowel Function



Oats have high fiber content. Fiber is necessary in keeping bowel movements regular. Oats are high in both soluble and insoluble fibers. Insoluble fiber does not dissolve in water. It is



ANALYSIS

spongy and absorbs many times its own weight of liquid. It makes stools heavier and speeds their passage through the gut, relieving constipation.

Weight Control

As the soluble fiber of oats is digested, it forms a gel, which causes the viscosity of the contents of the stomach and small intestine to be increased. The gel delays stomach emptying making you feel full



longer which helps with weight loss. New research suggests that children between ages 2-18 years old who have a constant intake of oatmeal

lowered their risk of obesity. The research also found that children who ate oatmeal were 50% less likely to become overweight when compared to those children who do not consume oats.

Nutrition

The table below summarizes the nutritional value of 100 grams of oats. Recommended dietary allowances have been omitted because they vary based on country, age, sex and pregnancy

Oats Nutritional value per 100 grams			
Energy	390 kcal / 1630 kJ	Thiamin (B1)	0.763 mg
Carbohydrate	66 g	Riboflavin (B2)	0.139 mg
		Niacin	0.961 mg
		Pantothenic acid	1.349 mg
		Vitamin B-6	0.119 mg
		Total folate	56 mcg
Dietary fiber total	11 g	Vitamin B-12	0 mcg
- Beta glucan	5 g	Vitamin A	0 IU
- Insoluble	6 g	Retinol	0 mcg
Total fat	6 g	Amino Acids	
- Saturated	1.217 g	Tryptophan	0.234 g
- Monounsaturated	2.178 g	Threonine	0.575 g
- Polyunsaturated	2.535 g	Isoleucine	0.694 g
- Cholesterol	0 g	Leucine	1.284 g
Protein	17 g	Lysine	0.701 g
Minerals		Methionine	0.312 g
		Cystine	0.408 g
		Phenylalanine	0.985 g
		Tyrosine	0.573 g
		Valine	0.937 g
		Arginine	1.192 g
		Histidine	0.405 g
		Alanine	0.881 g
		Aspartic acid	1.448 g
		Glutamic acid	3.712 g
Vitamins		Glycine	0.841 g
		Proline	0.934 g
		Serine	0.750 g
Vitamin C	0 mg		
Data source : USDA National Nutrient Database			

Athletic Performance



Oats, like other cereal grains, are valued primarily as a source of carbohydrates which provide calories for energy. Oats have been shown in scientific studies to favorably alter metabolism and enhance performance when eaten an hour or so before doing moderate intensity exercises.

General Health and Longevity

Oats have a higher concentration of well-balanced protein than other cereals. Oats contain phytochemicals (plant chemicals) which have been associated with protection from chronic diseases such as cancer. They contain a good balance of essential fatty acids,



which have been linked with longevity and general good health, and also have one of the best amino acid profiles of any grain. Amino acids are essential proteins that help facilitate optimum functioning of the body. Oats are a good source of essential vitamins such as thiamin, folic acid, biotin, pantothenic acid and Vitamin E. They also contain zinc, selenium, copper, iron, manganese and magnesium. Oat beta glucan also appears to help speed up responses to infection, which may result in faster healing. According to a new study, it was discovered that beta glucan can enhance the ability of certain human immune cells to navigate to the site of a bacterial infection, resulting in faster healing. So don't delay and start eating more oats today! ❖



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Biscuits

tastes

Believe it – there's a bunch of biscuits that bakers love. The variety of tastes and textures are bound to delight and are perfect for a wide range of occasions and appetites. Here's a brief sampling of a few of the best.

Rolled Biscuits

Rolled biscuits can be defined as one of the most popular baking-powder leavened quick breads. When they are baked, they should rise about twice their original height. The inside of the biscuits should be light, fluffy and tender, and the crust should be crispy or golden brown. If the top of the biscuits are flat and straight then it shows that they are well prepared. If there are horizontal cracks around the sides then it indicates flakiness.



Drop Biscuits

In drop biscuits you will find more milk or other liquids added to the dough than rolled biscuits. The dough will be moist and you will not be able to knead or roll the biscuits. After making the dough, just drop tablespoons of



dough onto the baking sheet. Drop biscuits will not rise as other biscuits rise. Its appearance and texture is also coarser.

Scones

Scones are light plain doughy biscuits made from flour with very little fat, cooked in an oven or (especially originally) on a griddle.

They are usually split open and buttered. They are made with cream and butter. Scones have a soft, heavy crumb and a slightly crusty brown top. They can be made eggless or with eggs to give it more cakey texture, flavor and rich color.



Shortcakes

In shortcakes, rich biscuits or scones can be used for a base. They can be served whole or split and also be topped with sweet fruits and whipped cream or ice cream.



Mixing Biscuit Dough

Keep the following in mind while preparing biscuits:



- Combine the flour, leavening and salt in a mixing bowl and mix well to distribute the leavening evenly.
- In some recipes they direct you to mix in sugar with the flour, leavening and salt.
- If the fat is cold. Add the fat in heaped tablespoon- sized pieces to the flour mixture. Using your fingertips or a knife, cut the fat into smaller pieces. While doing this, be careful that the smaller pieces are mixed with the flour mixture, which should coat and separate the pieces of fat.
- Keep on doing this till the mixture resembles coarse crumbs (about 1/8 inch) for soft, fluffy biscuits.
- While making flaky biscuits or scones and shortcakes which have a layered structure and a slight crunch at the edges, leave some of the fat pieces, the size of small peas (about 1/4 inch) in the mixture.
- Add all the liquid at once and keep on stirring with a fork until the dry ingredients are evenly moistened thus forming a nice dough. Do not over mix the dough.
- Make the dough into a ball and lightly knead on a floured surface quickly and gently for about 6 to 8 times till it is no longer sticky. The dough should be kneaded properly to mix the pieces of fat flakes with the flour

completely. If you want the biscuits to rise and expand then knead the dough well as this activates the gluten in the flour. Overworking the dough and using too much of flour will make the biscuits tough.

Shaping Biscuits

Each biscuit has its own unique shape and size, loved and favored by its fans. Let us now learn how to roll, shape and style biscuits by their type.



Biscuits and Shortcakes

- The rolled dough should be patted on a lightly floured surface to an even thickness (usually about 1/2-inch thick).
- We can use a floured biscuit cutter to cut out biscuits, keeping the cuts close together. When cutting, use a straight downward motion. Avoid twisting the cutter as the biscuits may rise unevenly. You can also make different shapes like rectangles, squares or triangles.



- Biscuits should be transferred to a cookie sheet or baking pan with a wide metal spatula. Biscuits which have crusty sides should be placed at least 1 inch apart; soft-sided biscuits can be kept closer.
- Gather the scrap dough (do not knead), gently re-roll and cut additional biscuits. If you want, you can also add as little additional flour as possible.
- For a browner top, you can brush the biscuits and shortcake tops with milk or melted



MUNCH ALONG

butter. You can also use sugar to sprinkle on biscuits before baking.

Drop Biscuits

Use moist dough to make drop biscuits. The dough should not be kneaded. Mix the dough and then drop the dough 2 inches apart from each other onto ungreased baking sheets with the help of a big tablespoon.



Scones

- The dough should be patted or rolled on a lightly floured surface into a circle with an even thickness (follow recipe directions for circle diameter and thickness of dough).
- Use a knife that is dipped in flour to cut the circle into wedges. This makes for easier cutting.



- For crispy scones, wedges should be placed at least 1/2 inch apart on the cookie sheet. For making softer scones, whole circles of dough can be placed on the cookie sheet.
- Cut into wedges and pull wedges out slightly from the center of the circle, leaving just a small amount of space between wedges.
- To make browner tops, brush the top of the scones with melted butter or milk or sprinkle with granulated or brown sugar.

Special Equipment for Biscuits

If biscuits are baked on cookie sheets or jelly roll pans, they turn out to be crisper and darker

in color. Bake biscuits in metal baking pans if you want biscuits to be softer and fluffier. Cookie sheets or baking pans can be used to bake scones and shortcakes.

If you want the best results, use cookie sheets or baking pans which leave at least 2 inches between the cookie sheet / baking pan and the sides of the oven. This way the air can circulate properly and heat evenly distributed in the oven.

TIPS FOR SELECTING AN APPROPRIATE COOKIE SHEET OR BAKING PAN.

Shiny Aluminum Pans

Good choice for biscuits, scones and shortcakes that is consistent in color, shape and size. They prevent baked goods from becoming too dark on the bottom or sides.



Dark Nonstick Pans

The baked goods should not stick to the pan so we can use nonstick cookie sheets and baking pans. They tend to brown biscuits, scones and shortcakes more quickly, particularly at the bottom.



Manufacturers recommend non-stick baking pans so that oven temperature can be reduced by 25°F.

Insulated Pans

These consist of two thin sheets of aluminum with a layer of air between them. Desirable for lighter colored biscuits, scones and shortcakes.



Baked goods may require longer baking time and may also be more likely to stick ♦

Putting Science Into Agriculture Mahyco's Mission Since 1964



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