

IMPROVEMENT OF MERAHRAH BREAD BY USING FENUGREEK AND WHEAT GERM FLOURS

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ABSTRACT

Corn flour whole mill was supplemented with fenugreek flour or wheat flour 72% extraction at levels 2.5, 5.0, 7.5 and 10%, respectively. Also, wheat germ was added as a basis in all blends at levels 2.5% to produce merahrah bread, high quality and good nutrition value. Chemical composition of the all blends were achieved. Results of this study revealed that total protein content were increased in all blends and ranged between 10.41 to 12.01%. Moreover, the minerals were increased in the blends made from wheat germ, corn and wheat flour at level 10%. Concerning the amino acids fractions, glutamic acid was the highest in the best blends. Meanwhile, Cystine recorded the lowest value in all best blends.

The sensory evaluation of merahrah bread showed that the using 7.5 and 10% wheat flour 72% extraction or 2.5 and 5% fenugreek plus corn flour and 2.5% wheat germ gave the highest score.

The study concluded a recommendation to use fenugreek till 5.0% and wheat flour to 10% as healthy food and improvement the nutrition value for merahrah bread.