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Quality Assessment of Developed Cumin Cookies

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Abstract: Cookies are good carrier of nutrients like carbohydrate and fat which can be enriched with protein. Refined Flour is the finest type of wheat flour containing high calorie content but minimal nutritional value that is used to make pizza, bread, samosa, kachoris, puri, cakes and biscuits.by partially replacing refined wheat flour with wheat flour up to an acceptable level. It is a fast and quick recipe for cookies made with Refined wheat flour, wheat flour and cumin seeds. The special characteristic of these cookies is that, as opposed to other cookie recipes, they do not contain plain flour, sugar or even jaggery. It is an excellent snack or coffee snack for munching and is enjoyed by all age groups, including children and adults because of its rich nutrients.

I. INTRODUCTION

Cookies or biscuits are typically a recipe adapted to or inspired by Indian cuisine. It is usually made with plain flour and flavoured to be eaten as a snack with other ingredients. Lately, the famous cookie variety has some Indian variants and jeera biscuits recipes are one such basic and easy recipe. One of the healthiest cookie recipes is this recipe for Jeera cookies. As an alternative to refined wheat flour, the recipe is made with wheat flour and contains cumin seeds. The recipe is, in truth, no flavour is used for taste. This makes it an ideal snack for your children in a tiffin jar. It's a fast and quick recipe for cookies made with wheat flour and cumin seeds. The special characteristic of these cookies is that, as opposed to other cookie recipes, they do not contain only refined wheat flour (Maida). It is an excellent snack or coffee snack for munching and is enjoyed by all age groups, including children and adults

II. AIM

As we know generally, we use the cumin seed which are present in home. we use them on daily basis for cooking and most of the people knew benefits & it is nutritious to our body. Therefore, our group decided to make a new nutritious product from those seeds which we use. Our product is Cookies which is made from the All Purpose Flour (Maida), Wheat Flour (Atta) and we are adding Cumin Seeds for increasing nutritional value of cookies.

III. OBJECTIVE

1) Our aim behind making cookies is to provide consumer a nutritious food product (cookies) for the good health.
2) We using cumin seed in our product which contains iron providing almost 20% of your daily iron in one teaspoon., antioxidants that stabilize free radicals.
3) The cookies which are made by adding cumin Seed which appear to have antimicrobial properties that may reduce the risk of food-borne infections.

IV. MATERAIL AND METHOD

1) The raw materials are procured from vendors as per production requirements and stored in the raw material warehouse.
2) All types of raw material are brought from the raw material warehouses.
3) The raw materials for cumin biscuits dough are mixed in a dough mixer which simply mixes the various raw materials with flour to form dough.
4) Multiple dough sheeters are used to reduce the thickness of dough to the required thickness sheet in multiple passes sequentially through multiple sheeters.
5) The oven simply bakes this cumin biscuit-shaped dough into actual cumin biscuits.
6) These stacked cumin biscuits are fed to the packaging machine which simply packs them in appropriate packaging for dispatch and sale.

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Raw material
All purpose floor
Wheat floor
Cumin seeds
Sugar powder
Fat
Salt
Baking soda

V. FLOW SHEET OF PROCESSING



FLOWSHEET OF PERPARATION OF COOKIES

VI. PROCEDURE FOR COOKIES MAKING

1) Raw Material

- Select the material which are All Purpose Flour (Maida), Wheat Flour (Atta), Cumin Seed, Milk Solid, Fat and Sugar, Flavour, Baking Soda and Salt

2) Weighing

- Then after that weight properly all the ingredients (raw material) at Weighing Balance as it required.
- And to yield Specific amount of required material.

3) Mixing

- Mixing is for proper mixing of raw material.
- Fat and Sugar are then whisk together add some flavour and pinch of salt into it.
- Again mix it to first mixture dissolve the Baking Soda.
- After it mix the All Purpose Flour and Cumin Seed properly and prepare a dough for cookies.
- Place it for 20 minutes to set the dough in refrigerator.

4) Kneading

- Remove the dough from the refrigerator and make a ball and press it to give it's some shape.

5) Shaping

- After Kneading Shaping is done. In this step the dough which is well set by
- kneading this dough is used for making cookies.
- By using of mould to give shape to dough for proper shaping of Cookies.

6) Baking

Preheat the oven to 370℉. Drop oil by the teaspoonful on to lightly greased baking sheet.

- We can use oil for making a dough roll the dough out on to parchment paper and place in freezer for 30 minutes .
- After 30 minutes remove the dough from refrigerator and make a ball and press it well to give proper shape to it or also can use the moulds.
- Bake it at 370℉ (180°C) for 20 minutes.

7) Cooling

- After Baking the Cookies are ready.Open the Oven and remove the tray safely and carefully . Remove Cookies from the tray and leave it for some minutes for proper handling.

8) Storage

- Then after packed and store at ambient temperature for long storage of Cookies and to preserve for long time

TRIAL 1:- (50:40:10)

RAW MATERAIL	QUANTITY (Gm)
All purpose flour	50 gm
Wheat flour	40 gm
Cumin seeds	10 gm
Sugar powder	54 gm
Fat	60 gm
Milk powder	2 gm
Baking soda	1 gm
Salt	1 gm

TRIAL 2 :- (60:35:5)

RAW MATERAIL	QUANTITY (Gm)
All purpose flour	60 gm
Wheat flour	35 gm
Cumin seeds	5 gm
Sugar powder	54 gm
Fat	60 gm
Milk powder	2 gm
Baking soda	1 gm
Salt	1 gm

TRIAL 3 :- (70:25:5)

RAW MATERAIL	QUANTITY (Gm)
All purpose flour	70 gm
Wheat flour	25gm
Cumin seeds	5 gm
Sugar powder	54 gm
Fat	60 gm
Milk powder	2 gm
Baking soda	1 gm
Salt	1 gm

Table No. 4 Nutritional Facts (70:25:5)
NUTRITIONAL INFORMATION (70:25:5)

SR. NO.	NUTRIENTS	As per 100g
1.	Calories	358.6
2.	Carbohydrates	26.1
3.	Protein	4.41
4.	Fat	19.2
5.	Iron	0.0026
6.	Calcium	0.022
7.	Sodium	0.12
8.	Cholestrol	0.018
9.	Potassium	0.093

Table No. 5 Cost Analysis

Materail	Quantity	Cost
All purpose flour	70 gm	6 Rs
Wheat	25 gm	2 Rs
Cumin seeds	5 gm	2 Rs
Sugar	54 gm	5 Rs
Fat	60 gm	32 Rs
Milk powder	2 gm	2 Rs
Baking powder	1 gm	1 Rs

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Salt	1 gm	1 Rs
Total		16 Rs

VII. CONCLUSION

Finally we can conclude the following deductions from the above experimental and analysis part

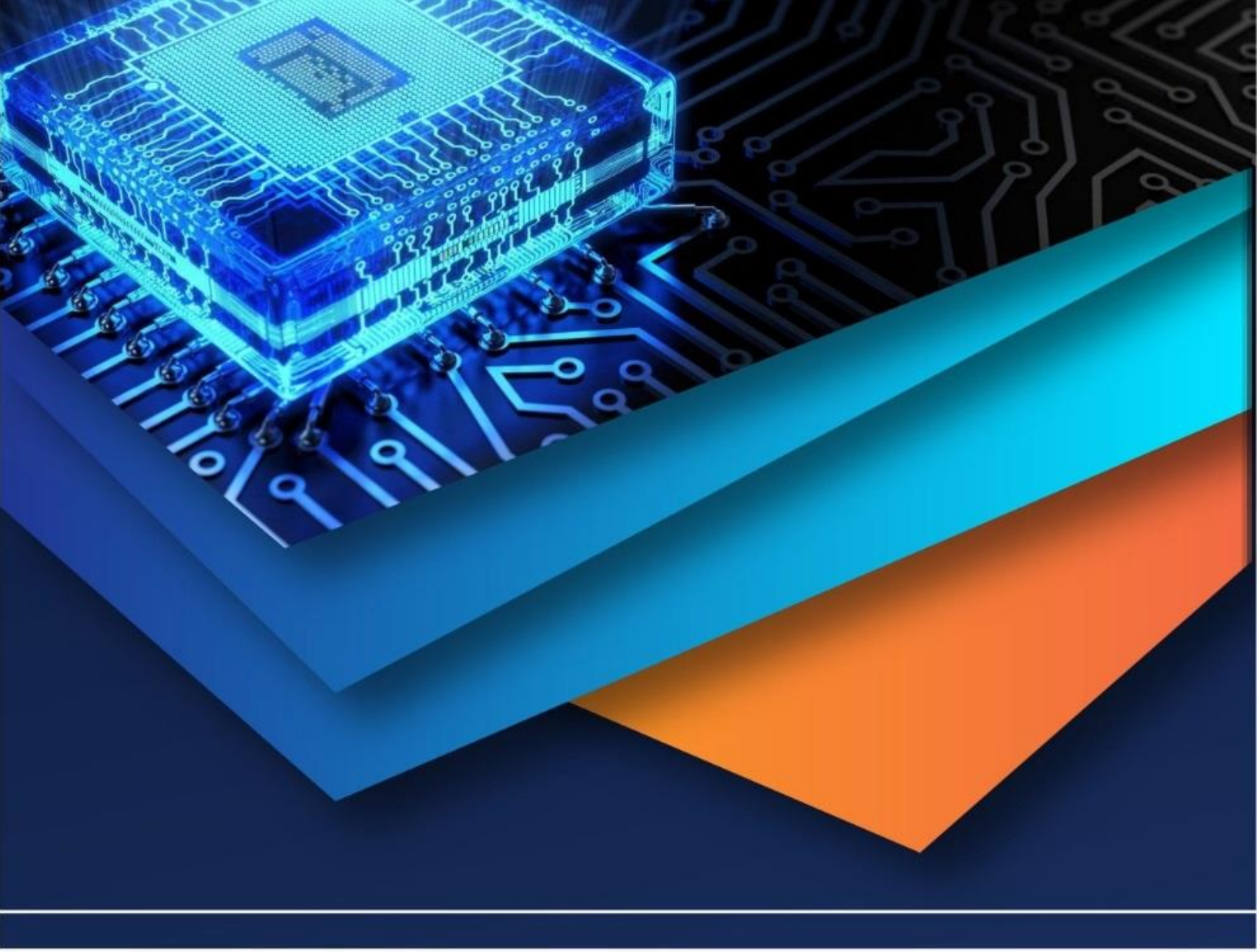
The present investigation entitled " Cookies " by using Cumin Seed was carried out in the department of Food Technology, Ballarpur Institute of Technology, Maharashtra State Board of Technical Education ,During the Academic Year 2023-2024 . The experiment was conducted to develop Cookies by wheat Flour and by using cumin Seed with different Composition. From the above study it has been found that Cookies with High Energy Value and Other Nutrients can be prepared by wheat Flour and also using of cumin Seed .

The texture and taste of Cookies is improved by increasing Sugar and Moisture

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