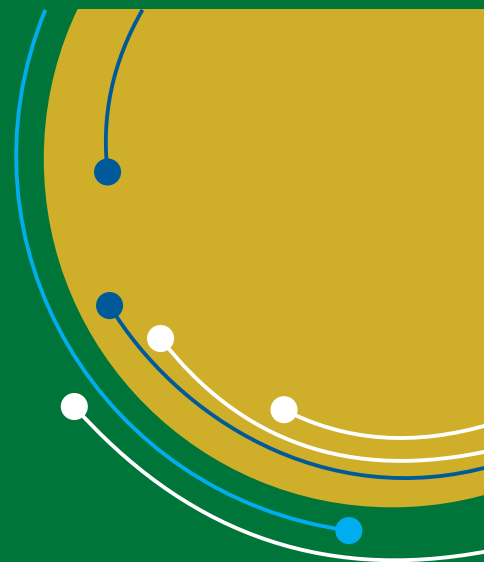


# Development of Flavored Chapattis Supplemented with Barley



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Most of the population is consuming diet that is obtained by the intake of cereals. By consuming high fiber containing foods a number of diseases can be prevented such as hypertension, colon cancer and diabetes. Barley is found to be a significant cereal crop in Asian countries. Hull-less barley contains more soluble fibers, lipids and proteins. Barley being the richest dietary protein is mixed with wheat flour

to attain high fiber content. Composite flour technology has been used for this purpose. It is done to improve protein energy malnutrition. For enhancing the minerals, vitamins and dietary fiber in wheat flour it is enriched with barley. Beside providing health benefits, it also performs certain functional properties in the food products *i.e.* changing the texture and color, enhancing flavor and odor of food products. It imparts particular flavor that makes it specific identity for its product. It is used to make porridge as well as food stuffs and in poultry feeds. The main objective of the present research was to increase the dietary fiber consumption by supplementing it with barley flour to make chapattis for enhancing the dietary fiber levels.

Chapattis prepared with 66% whole wheat flour supplemented with 30% barley flour gave best result in terms of taste, texture and color. Overall acceptability results also supported this blending percentage of wheat and barley flour. Chapatti as a product was selected because in Pakistan, chapatti and its different forms constitute the consumption of 70% of total wheat produced while the remaining 30% of wheat produced is consumed in the form of bakery items like cookies, breads, pastries and cakes. Wheat chapattis supplemented with barley gave particular flavor to product which can be popular in the society as a functional product.

