

Development of a Banana-based “Payasam Mix”

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ABSTRACT Banana is grown in all kinds of soils having good drainage. This fruit has great socio-economic significance and is interwoven in the cultural heritage of the country. Of all the varieties, ‘*Nendran*’ is the most prized cooking variety used in Kerala. In the context of low productivity of ‘*nendran*’, there is need for value addition to this crop. Jaggery based ‘*payasam*’ is an inevitable item for any festive occasion to a Malayali or for that matter, any South Indian. Owing to its cumbersome preparation, many housewives put off the preparation and prefer to make milk based “*payasam*” which is easier to prepare. Standardisation and shelf life assessment of the product has been conducted in this study. Five samples of “*payasam mix*” were developed and reconstituted using standard procedures. Sample S1 scored highest with respect to sensory parameters. Its nutrient composition was ascertained and shelf life was also observed to be of high quality till 15th day without addition of preservatives.