Utilization of paneer whey for the preparation of whey corn flour soup

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ABSTRACT

Whey is a major source of energy giving lactose, vitamin, minerals and good source of heat promoting whey protein. The present work was conducted with the objectives to prepare whey corn flour soup and studying its organoleptic and chemical properties. The experiment was replicated six times and the data obtained during the investigation were statistically analyzed by using analysis of variance (ANOVA) and critical difference (CD) techniques. Whey corn flour soup prepared by admixture of water and whey in ratio of 1:1, 1:2, 1:3 served as T₁, T₂ and T₃, respectively. The quality of whey corn soup was compared to that of the control T₀, corn flour soup prepared from water. Sensory evaluation of prepared whey corn flour soup was carried out using the nine points Hedonic scale. Fat, protein, carbohydrate and total solid were found to be highest in treatment T₃ (1:3) 1.283, 0.63, 7.0 and 10.612, respectively. T₂ (1:2) recorded highest scores in flavour and taste, consistency, colour and appearance and overall acceptability. Whey based ready to serve beverage offers the advantages of convenience for busy consumers.

Key words: Whey, Paneer, Chhana, Corn flour soup, Beverages, By-products