



Proceedings of National Seminar on
Fruition of Nutri-Hospitality

NH-16

(A Right Way for the Right Destination)

13th April 2016



Organized by

**Department of Hotel Management and Catering Science
&**

Department of Nutrition and Dietetics



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PROCEEDINGS OF NATIONAL SEMINAR ON FRUITION OF NUTRI-HOSPITALITY

NH-16, (A Right Way for the Right Destination)

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STANDARDIZATION OF BASIL POWDER INCORPORATED COOKIES

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1. Introduction

Ocimum sanctum Linn, a traditional medicinal plant, widely known across South Asia is commonly used in Ayurvedic medicines. *Ocimum tenuiflorum* also known as *Ocimum sanctum*, Holy Basil or Tulsi is an aromatic plant in the family Lamiaceae which is native to South Asia and widespread as a cultivated plant throughout the Eastern world tropics (Kristiansen, 1999). The plant of holy basil has many medicinal properties which include adaptogenic, anti-bacterial, anti-depressant, anti-oxidant, anti-viral, carminative, diuretic, expectorant, anti-inflammatory, immune-supporting and metabolic enhancer. It also has anti-convulsant, anti-fertility, anti-microbial, anti-diabetic and radioprotective properties (Prasad and Sagar, 2012). There are many active constituents of Holy Basil such as alkaloids, ascorbic acid, β -carotene, α -ocimene, β -ocimene, carvacrol, cineole, several essential oils, linalool, linoleic acid, eugenol, glycosides, methyl-chavicol, phenols, saponins, tannin, stearic acid, calcium, iron and selenium (Bakkali *et.al.*, 2008). Drying of herbs increases its nutritive content and it is one of the methods of preserving herbs. Dried basil contains 233calories, 4.07g fat, 47.8g carbohydrates, 37.7g dietary fibre, 23g protein, 744IU vitamin A, 378 μ g β carotene, 10.7mg vitamin E, 1714.5 μ g vitamin K, 1.2mg riboflavin, 4.9mg niacin, 393 μ g lycopene, 2240mg calcium, 89.8mg iron, 711mg magnesium, 274mg phosphorus and 2630mg potassium. Cookies are cereal based products, accepted by all kinds of population especially children. Keeping all these points under consideration the present study was carried out with the following objectives

- To standardize the basil powder incorporated cookies.
- To find out the acceptability of the standardized product.
- To analyze the nutrient content of the developed product.
- To study the storage behaviour of the developed product.

2. Materials and Methods

Refined flour, Dalda, Icing sugar, Egg, Baking powder and Flavouring agents were purchased from nearby grocery shop in Madurai district. Basil leaves was purchased from AVN Ayurveda Formulations Pvt. Ltd., Vilachery, Madurai. Polyethylene bags of 100g capacity (200 and 400 Gauge thickness), Metallized Polyester Polyethylene laminated pouches (MPP) were used for packing and storing of basil powder incorporated vanilla cookies. The chemicals and reagents used for the study were Laboratory Reagent (LR), Analytical Reagent (AR) or Guaranteed Reagent (GR) grades.

2.1. Preliminary preparation of basil powder

Basil with light green colour leaves are used for the preparation of cookies. Basil leaves were separated from the stalk and it was cleaned and dried in the shade for 6 days. Then it