

Production of Instant Herbal Porridge Pellets for the Preparation of Liquid Porridge

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A study was conducted to produce instant *Kolakenda pellets* instead of powder form, as a convenient food item. *Kolakenda pellets* were prepared using a traditional menu and ingredients were subjected to different pre-treatments and processing steps. Three different types of plant fresh leaves; Gotukola (*Centella asiatica*), Shatavar (*Asparagus recemosus*) and balloon vines (*Cardiospermum halicacabum*) were used for the preparation of *Kolakenda pellets*. Green leaves were subjected to hot water blanching at 55 °C and steam blanching at 100 °C pre-treatments. Consumer preference was tested using 9 point hedonic scale, and hot water blanching of green leaves at 55 °C for 5 min was selected considering the color and consistency of the porridge. Friedman non-parametric test and two factor factorial tests were conducted to evaluate the effect of blanching method and leaf type on nutritional properties. Crude fiber content in *Asparagus recemosus* was significantly higher ($P<0.05$) than others and hot water blanching significantly improved ($P<0.05$) the nutritional properties. Selected physical properties of porridge liquid were also tested. Shear stress versus shear rate plots proved that the prepared liquid is a non-Newtonian shear thickening fluid. The analysis on effect of tablet pressing load: 20, 25 and 30 kN on viscosity change (Δv) and time taken to dissolve in hot water revealed that 25 kN is the best pressing load. These statistical findings proved the suitable combination and blanching treatments for the good quality of the product.

Key words: Herbal porridge, *Kolakenda*, Herbs, Hot water blanching