APPENDIX – III

Recipe for Chapati preparation

A. Sample 1 – Control recipe

Ingredients:

- Wheat flour - 100 g
- Salt - 1.5 g
- Oil - 1.5 ml
- Water - 60 ml

a. Mixed flour + oil + salt. Added water gradually and knead till it becomes soft and smooth.
b. Divide into 6 equal portions. Make smooth ball with the help of fingers and palm.
c. Roll into uniformly thick round sheet.
d. Bake on a previously heated iron pan – ‘Tava’. Initially bake slightly on one side, turn to other side and puff it on flame.

B. Sample 2 - Experimental Sample

25% of processed soy flour was added while making dough. The other ingredients and procedure of making dough remains same as standard sample. However the water required was 65 ml.

C. Sample 2 - Experimental Sample

30% of processed soy flour was added while making dough. The other ingredients and procedure of making dough remains same as standard sample. However the water required was 70 ml.

D. Sample 2 - Experimental Sample

35% of processed soy flour was added while making dough. The other ingredients and procedure of making dough remains same as standard sample. However the water required was 75 ml.

E. Sample 2 - Experimental Sample

40% of processed soy flour was added while making dough. The other ingredients and procedure of making dough remains same as standard sample. However the water required was 80 ml.