

Value Added MAIZE Products



Nurturing diversity, resilience,
livelihood & industrial inputs

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AGRI- BUSINESS INCUBATION CENTRE

ICAR- Indian Institute of Maize Research,
Ludhiana

Muffins

Ingredients

Maize Flour	200 gm	Powdered sugar	
Sugar	130 gm	for decoration	50 gm
Oil	100 ml	Baking Powder	7 gm
Milk Powder	70 gm	Baking Soda	7 gm

Recipe

- Sieve the flour with milk powder and baking soda twice.
- Cream oil and sugar till light and fluffy.
- Now add flour mixture to the creamed sugar using cut and fold method and mix well.
- Grease the cup cake tray on transfer to the paper cups (half full).
- Bake in a preheated oven at 170°C for 15-20 minutes.
- Demould and pour the powdered sugar over the cup cakes with tea strainer.



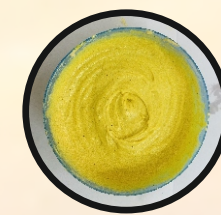
Maize Flour



Maize Flour



Creaming of
oil and sugar



Preparation
of Mixture



Put mixture
in a cupcake
mould



Baking at 170°C
for 15-20 mins



Cookies
(Final Product)



Pasta

Ingredients

Maize flour	500 g
Water	220 ml

Recipe

Maize flour was sieved to remove any extraneous matter. It was mixed with optimum amount of water in the mixing chamber of pasta extruder (le monferrina Masoero Arturo and C.S.N.C., Italy) for 10 min to distribute water uniformly throughout the flour particles. The moist flour aggregates were placed in a metal extruder attachment of the pasta machine fitted with an adjustable die. The process in brief is outlined in following flow sheet:



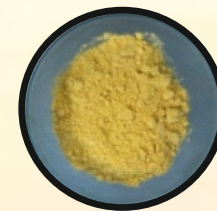
Adjusting the revolving speed of a sharp blade cutter in a pasta die, extruded dough was cut to a desirable shape. The resulting pasta was dried. Drying of pasta was carried out in a hot air oven at 50°C for 4 hr so as to attain moisture content of

Cookies

Ingredients		Requirements
Maize Flour	100 gm	Weighing balance, Baking Oven, Sheeting platform, Rolling pin, Cutters, Plastic bowls, Spatula, Baking tray, Flat knife, Maize flour, Butter, Baking Powder, Vanilla essence, Ghee, Sugar, Milk
Butter	60 gm	
Baking Powder	2 gm	
Powder sugar	50 gm	
Milk	12-15 ml	

Recipe

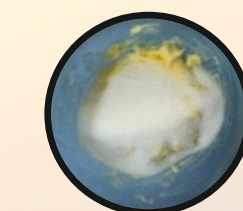
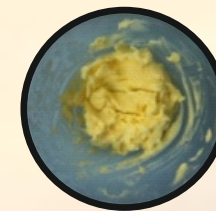
- Sieve the flour properly.
- Set the baking oven at 180°C temperature.
- Weigh all dry and wet ingredients accurately.
- Mix all the dry ingredients separately.
- Cream butter and sugar powder for 2-3 mins.
- Add dry ingredients and mix it well with creamed butter.
- Prepare dough and sheet the dough to 3.5 mm thickness and cut into desired shapes with cutter and transfer the pieces to baking tray leaving approx. 2 inch gap in between the dough pieces.
- Keep the baking tray in oven and bake it at 180°C for 25-30 mins.
- Cool it and evaluate.



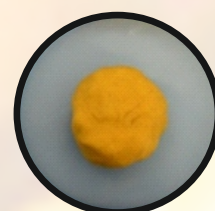
Maize Flour & Other Dry Ingredients



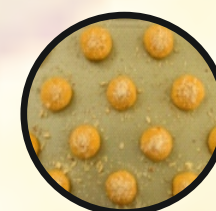
Creaming of Butter



Addition of Sugar



Preparation of Dough



Preparation of Dough Ball (15-20 gms.)



Baking at 180°C for 20-25 mins



Cookies (Final Product)



Burfi

Ingredients		Requirements
Maize Flour	200 gm	Weighing balance, Plastic bowls, Ladle, Gas stove, Spatula, Flat knife, Deep frying pan, Refrigerator, Maize flour, Desi ghee, Dry fruits, Cardamom, Powdered sugar, Grated coconut
Ghee	100 gm	
Powder sugar	100 gm	
Dry fruits	25 gm	

Recipe

- Sieve the flour properly.
- Weigh Flour, ghee, dry fruits and sugar accurately.
- Switch on the Gas stove.
- Keep frying pan on gas and add ghee to melt.
- Add maize flour to melted ghee.
- Allow flour to get it brownish in color.
- Then add sugar to it and mix it properly.
- Also add almond and cashew nuts to it and mix it properly.
- Keep it into plate and make its surface plain.
- Keep it into refrigerator and allow it to cool.
- After 1 hour, take it out and cut into pieces.



Melting the Ghee



Mixing the flour & stirring at low flame



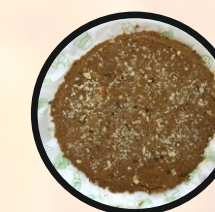
Cook on low flame till the mixture brown in colour



Switch off the flame and mix the powered sugar



Switch on the flame & mix it properly



Greasing a butter paper & lined on a thali/tray



Cutting of burfi into pieces



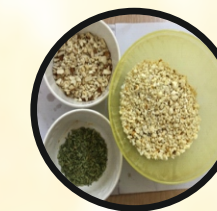
Burfi (Final Product)

Ghachak

Ingredients		
Jaggery	150 gm	Grated coconut for garnishing
Pop corn	20 gm	Saunf 10 gm
Peanuts	20 gm	Water 40 ml
Dry fruits	20 gm	

Recipe

- Take water in frying pan.
- Add jaggery and allow cooking to thick consistency.
- Heat it until the jaggery leaves the pansides.
- Add popcorn (grind) to jaggery and mix it properly.
- Add almonds and cashew nuts and mix.
- Don't allow it to cool.
- Make sheet over plain surface and cut into pieces.



Weigh all the ingredients accurately



Pop corn at low flame



Allow jaggery to melt in hot water



Allow it to boil



Add dry ingredients



Adding the Popcorn



Make it in sheet form

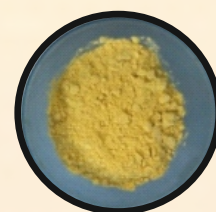


Biscuits

Ingredients		Requirements
Maize Flour	100 gm	Weighing balance, Baking Oven, Sheeting platform, Rolling pin, Cutters, Plastic bowls, Spatula, Baking tray, Flat knife, Maize flour, Butter, Baking Powder, Vanilla essence, Ghee, Sugar, Milk
Butter	60 gm	
Baking Powder	2 gm	
Powder sugar	50 gm	
Milk	12-15 ml	

Recipe

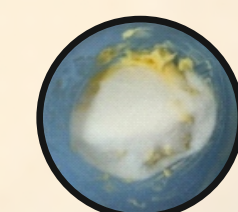
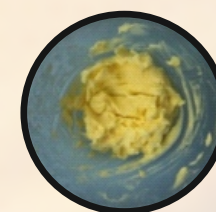
- Sieve the flour properly.
- Set the baking oven at 180°C temperature.
- Weigh all dry and wet ingredients accurately.
- Mix all the dry ingredients separately.
- Cream butter and sugar powder for 2-3 mins.
- Add dry ingredients and mix it well with creamed butter.
- Prepare dough and sheet the dough to 3.5 mm thickness and cut into desired shapes with cutter and transfer the pieces to baking tray leaving approx. 2 inch gap in between the dough pieces.
- Keep the baking tray in oven and bake it at 180°C for 20-25 mins.
- Cool it and evaluate.



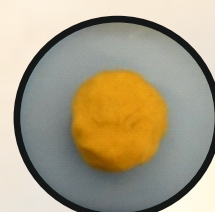
Maize Flour & Other Dry Ingredients



Creaming of Butter



Addition of Sugar



Preparation of Dough



Cutting of biscuits with cutter



Biscuits (Final Product)