

Oyster Mushroom Powder: An Effective Supplement for Daily Bread of Indians

Asha Mane,¹ G. K. Mane,¹ Vijaya Bantey,² and Nilima Bhoge²

¹Post Graduate Teaching Department of Home Science and Extension, Amravati University, Amravati 444602, India, and ²K. L. College, Amravati 444603, India

The Department of Home Science and Extension of Amravati University, India has been popularizing oyster mushroom cultivation and mushroom cookery since 1995. Thus fresh as well as dry mushrooms are available in households for 6 to 9 months, from October to June. This available food can be used as a dietary supplement in the daily diet of Indians, which is deficient in proteins and micronutrients. Keeping these facts in mind, attempts were made to incorporate oyster mushroom in unleavened traditional breads prepared from cereals and millets, which are used regularly in two major meals of Indians. Cereal mushroom is taken in 95:5 and 90:10 proportion. Wheat, sorghum, perals, and finger millet breads were prepared and *Pleurotus sajor-caju* (Fr.) Sing. was selected for supplementation. The ingredients and procedure were standardized. These standardized breads were subjected to a study of sensory attributes. Appearance, texture, flavor, and mouth-

feel were studied by a panel of eight semitrained judges using a nine-point hedonic scale. The sensory trials were carried out for three consecutive days.

The evaluation scores of judges of all the mushroom-supplemented breads were on the positive side of the scale. All the breads were found acceptable. This fact was noted and nutrient education programs on the "Importance of oyster mushrooms in daily diet" were planned and executed. The evaluation scores of a before-and-after program showed significant change in knowledge and skill. The follow-up study found that marginally half of the participants are regularly using mushroom powder in breads. The remainder have been incorporating mushroom powder in bread two to four times a week. The study of the therapeutic effects of this practice is in progress.