

# Nutritious Rajkeera Leaves Recipes



**DEPARTMENT OF FOODS AND NUTRITION  
COLLEGE OF HOME SCIENCE  
MARATHWADA KRISHI VIDYAPEETH  
PARBHANI - 2011**

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## Introduction

Green leafy vegetables are available plenty in Indian situation and occupy an important place among the food crops as these provide adequate amount of many vitamins and minerals for human nutrition. They are rich sources of carotene, vitamin-c, riboflavin, folic acid, minerals like calcium, iron and phosphorus. Good source of water soluble vitamins such as thiamine, riboflavin, nicotinic acid and fair source of protein. Dry weight basis they are equal to legumes in protein content (29.8/100g). Besides its nutrient content they provide variety to the diet and make the food attractive by colour, texture and flavour. Indian population is mostly vegetarian but the intake of vegetables has been too low in daily diet because people eat less in quantity due to ignorance, unavailability in particular season and limited storage facilities.

Leafy vegetables are highly perishable, it can be successfully preserved by dehydration technology. Since the dehydration industry need not depend on imports for raw materials, machinery or for packaging material. Dehydration can prevent huge wastage as well as make the available in the lean season. Apart from increasing the variety in the menu and reducing wastage, labour and storage space, dehydrated vegetables are simple to use and have longer shelf life than fresh vegetable (chauhan and sharma 1993). In spite of considerable losses in vitamins green leafy vegetable powders can still serve as good sources of proteins, fiber and minerals (ca, mg, fe) and a fair source of ascorbic acid and  $\beta$ -carotene. The green leafy vegetable powders certainly have the potential to enter processed food industry and can compete in the dehydrated foods market. It is hoped that they will certainly form a part of our daily diet in the near future.



Rajkeera Leaves (*Amaranthus Paniculatus*) is an annual vegetable belonging to the Amaranthaceae family. They serve as an alternative source of nutrition for vegetarian people in developing countries where the bulk of the population has little access to protein rich foods. Besides its immense nutritional importance it can grow successfully under varied soil and agro climatic condition. Rajkeera leaves are recommended as a good food with medicinal properties. It is natural source of antioxidants can help not only to prevent deterioration of food quality characteristics like aroma, texture, taste and appearance by being a natural additives but also it helps scavenge radicals, antioxidants and protect the body against diseases (Frie, 1994). These leaves are low in saturated fat and very low in cholesterol. It is also good source of niacin, Riboflavin, vitamin B6, foliate and all other minerals. Rajkeera leaves contains higher proportion of insoluble lignin and has low glycaemic responses.

Rajkeera leaves are nutritious and within the reach but still the consumption is not as it should be. The incorporation of fresh and dried Rajkeera leaves in various recipes can have important contribution in meeting iron and vitamin A requirement if consumed regularly. Looking to the importance of Rajkeera leaves they were dried at the temperature 60°C in the mechanical drier and the powder was prepared. The prepared powder was incorporated at different level viz, 5%, 10%, 15%, and 20% in various traditional recipes i.e. *Poori*, *Kharapara*, *Kharibundi*, *Shev* and *Chakli*. Its acceptability (Raganna 1976) and nutritional quality laboratory was analyzed in [AOAC 1975] laboratory Food and Nutrition. The detail information of recipes are given in this book let.

## Nutritional composition of Rajkeera leaves and powder

Proximate Composition (g/100g)	Rajkeera leaves	Rajkeera leaves powder
Moisture	80.54	6.52
Protein	7.12	25.66
Fat	0.60	3.57
Fiber	3.46	8.71
Total minerals	3.96	4.36
Carbohydrates	4.8	51.25
Mineral Composition (mg/100g)		
Iron	17.26	33.33
Calcium	533	1120
Magnesium	240	760
Manganese	1.10	2.12
Copper	0.93	1.65
Zinc	1.98	2.98

# Poori

Ingredients	Amount (g)
1. Wheat flour	75
2. Bengal gram flour	25
3. Rajkeera leaves powder	15
4. Cumin seed powder	0.5
5. Red chilly powder	2.5
6. Turmeric powder	1.5
7. Oil	50 (ml)
8. Salt	to taste

## Procedure

- ✦ Sieve the wheat flour and bengal gram flour.
- ✦ Add cummin seeds powder, red chilli powder, turmeric salt and Rajkeera leaves powder
- ✦ Mix it well and knead all the ingredients by using required amount of water.
- ✦ Divide the dough in equal balls.
- ✦ Roll the poori and fry it in deep frying pan till light and brown colour.





# Kharpara

	<b>Ingredients</b>	<b>Amount (g)</b>
1.	Refined flour	65
2.	Spinach powder	8
3.	Coriander powder	2
4.	Rajkeer leaves powder	13
5.	Fat	25
6.	Cummin seeds	2.0
7.	Salt	to taste
8.	Oil	for frying

## Procedure

- ✦ Mix all ingredients except oil and make a dough.
- ✦ Roll it and cut in to small squares.
- ✦ Fry till it become light brown.



# Khari hundi

Ingredients	Amount (g)
1. Bengal gram flour	80
2. Cummin Seeds Powder	1.5
3. Rajkeer leaves powder	16
4. Omum	0.2
5. Turmeric powder	1.5
6. Red chilly powder	0.5
7. Oil for mixing	15 ml
8. Water	50 ml
9. Salt	To taste
10. Oil	For frying

## Procedure

- ✦ Sieve the bengal gram flour.
- ✦ Add other ingredients in it.
- ✦ Mix it with water till proper cons
- ✦ Fry it till crispy.





## Chakli

	<b>Ingredients</b>	<b>Amount (g)</b>
1.	Bengal gram dhal	60
2.	Rice	30
3.	Black gram dhal	14
4.	Cummin seeds	0.2
5.	Oil	14
6.	Gingely seeds	10
7.	Turmeric powder	0.3
8.	Red chilly powder	0.5
9.	Rajkeer leaves powder	09
10.	Salt	2.5
11.	Oil	For frying

### Procedure

- ✦ Roast and powder the black gramdhal, bengal gram dhal and rice.
- ✦ Add hot oil in the mixture.
- ✦ Prepare a dough by using the required amount of water.
- ✦ Keep aside for half an hour.
- ✦ Put the dough into the chakli mould and press on to a paper to form a pattern.
- ✦ Deep fat fry till brown colour is obtained on both the sides.



## Shev

Ingredients	Amount (g)
1. Bengalgram flour	80
2. Cummin powder	1.5
3. Rajkeer leaves powder	04
4. Omum	0.1
5. Turmeric powder	1.5
6. Red chilly powder	05
7. Oil for mixing	15 ml
8. Water	50 ml
9. Salt	To taste
10. Oil	For frying

### Procedure

- ✦ Heat the oil, add in bengal gram flour and rub it.
- ✦ Add cummin seeds powder, Rajkeera leaves powder omum powder, turmeric powder and salt in bengal gram flour and mix well.
- ✦ Prepare a stiff dough by using water.
- ✦ Heat the oil and press batter through mold into hot oil.
- ✦ Fry it till crisp brown colour



**Proximate composition of recipes prepared by incorporation of Rajkeera leaves powder (g/100g)**

Recipes	Moisture	Protein	Fat	Fiber	CHO
Poori	9.1	22.1	15.16	6.6	43.5
Kharapara	7.88	13.12	27.30	9.2	38.1
Kharibundi	6.00	19.83	40.50	6.04	25.10
Chakli	7.49	16.62	18.38	12.82	46.6
shev	5.86	22.16	39.00	4.5	25.48

**Minerals composition of recipes prepared by incorporation of Rajkeera leaves powder (mg/100g)**

Recipes	Iron	Calcium	Magnesium	Manganese	Copper	Zinc
Poori	7.68	204	120	1.05	1.43	1.38
Kharapara	9.52	132.6	106	1.00	1.57	1.33
Kharibundi	7.68	226	160	0.98	1.74	1.13
Chakli	7.88	320	165	2.62	1.13	1.87
Shev	6.65	253	150	0.88	1.79	1.14





Rajkeera Leaves



Rajkeera Leaves Power



Poori



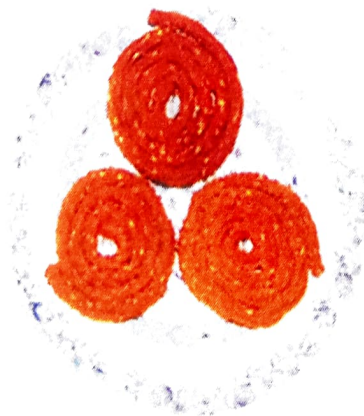
Kharapara



Khari Bundi



Shev



Chakli