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(57) Abstract :

Pulissery is a traditional South Indian culinary delight, known for its unique blend of flavors and cultural significance. This yogurt-based curry combines freshly grated coconut, tangy yogurt, and various vegetables or fruits. Its preparation involves meticulously blending spices like mustard seeds, curry leaves, and green chilies, which are tempered to perfection. The curry is simmered to achieve a velvety consistency, allowing the ingredients to absorb vibrant flavors. This study compares pulissery powder produced through spray drying and freeze-drying technologies. Key parameters analyzed include total soluble solids, viscosity, dispersibility, moisture content, pH, lactic acid percentage, crude fat content, and protein levels. Sensory evaluation using the Hedonic scale assessed attributes such as color, flavor, texture, odor, and overall acceptability. The reconstitution time and properties of pulissery powder from both methods were also examined.

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