

Preface

In India, the traditional foods derived from edible legumes form the basic component of human diet across the country. The food legumes are recognized as one of the most important sources of edible plant proteins. However they need to be adequately processed before consumption to decrease their antinutritional factors, and improve their palatability and digestibility. Besides this, microbiological safety, proper storage and shelf-life of the foods are also important issues to be considered. This research was therefore aimed at optimizing the processing steps of some legume-based foods to obtain microbiologically safe foods with adequate sensory acceptability and predicting their appropriate storage conditions through a moisture sorption study. The traditional technologies were also modulated to enhance the safety of these foods.

My journey as an enthusiastic researcher began a few years back and needless to say there were ups and downs during the course of this journey. Yet I sailed through it all and this would not have been possible without the people who have helped me to be what I am today. So I take this opportunity to thank them all.

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