

# Contents

---

<b>1. Introduction</b>	<b>1</b>
<b>2. Review of literature</b>	<b>4</b>
2.1. General properties and characteristics of antinutritional factors in legumes	4
2.1.1. Tannins	4
2.1.2. Phytic acid	5
2.1.3. Trypsin inhibitors	6
2.1.4. Haemagglutinins	6
2.1.5. Biogenic amines	6
2.1.6. Oligosaccharides	7
2.2. Dietary intake and biochemical effects of antinutritional factors on human health	7
2.3. Strategies for reduction of antinutritional factors	9
2.3.1. Physical processing	9
2.3.1.1. Dehulling	9
2.3.1.2. Soaking	9
2.3.1.3. Cooking	10
2.3.2. Bio-processing	10
2.3.2.1. Germination	10
2.3.2.2. Fermentation	11
2.3.2.3. Enzymic processing	11

2.4.	Some common legume-based fermented foods of India	12
2.4.1.	Kinema	13
2.4.2.	Idli	13
2.4.3.	Dhokla	14
2.5.	Safety aspects	15
<b>3.</b>	<b>Materials and methods</b>	<b>16</b>
3.1.	Materials	16
3.1.1.	Culture media	16
3.1.2.	Chemicals	16
3.1.3.	Reagents	17
3.2.	Experimental	18
3.2.1.	Preparation of samples	18
3.2.2.	Extraction and estimation of antinutritional factors	18
3.2.2.1.	Tannins	18
3.2.2.2.	Phytic acid	18
3.2.2.3.	Trypsin inhibitor activity	19
3.2.2.4.	Haemagglutinating activity	19
3.2.2.5.	Total biogenic amines	19
3.2.2.6.	Oligosaccharides	20
3.2.3.	Microbiological analysis	20
3.2.3.1.	Total aerobic mesophilic bacteria	20
3.2.3.2.	Lactic acid bacteria	20
3.2.3.3.	Yeasts	20
3.2.4.	Physicochemical analysis	20
3.2.4.1.	pH	21
3.2.4.2.	Titrateable acidity	21
3.2.5.	Sensory analysis	21
3.2.6.	Minimization of antinutrients using response surface optimization of processing parameters	21
3.2.6.1.	Experimental design	21
3.2.6.2.	Fermented foods	23
3.2.6.2.1.	Kinema	23
3.2.6.2.1.1.	Soaking	23
3.2.6.2.1.2.	Cooking	23
3.2.6.2.1.3.	Fermentation	25
3.2.6.2.2.	Idli	26
3.2.6.2.2.1.	Soaking	26
3.2.6.2.2.2.	Mixing of batters	28
3.2.6.2.2.3.	Fermentation	28
3.2.6.2.2.4.	Steaming	30
3.2.6.2.3.	Dhokla	30
3.2.6.2.3.1.	Soaking	30
3.2.6.2.3.2.	Mixing of batters	33
3.2.6.2.3.3.	Fermentation	33
3.2.6.2.3.4.	Steaming	33
3.2.7.	Statistical analysis	33
<b>4.</b>	<b>Results</b>	<b>35</b>
4.1.	Kinema	35
4.1.1.	Raw beans	35

4.1.2. Soaking	35
4.1.3. Cooking	38
4.1.4. Fermentation	40
4.2. Idli	42
4.2.1. Raw ingredients	42
4.2.2. Soaking	43
4.2.3. Unfermented mixed batters	50
4.2.4. Fermentation	50
4.2.5. Steaming	52
4.2.6. Microbiological study	53
4.3. Dhokla	54
4.3.1. Raw ingredients	54
4.3.2. Soaking	55
4.3.3. Unfermented mixed batters	58
4.3.4. Fermentation	58
4.3.5. Steaming	60
<b>5. Discussion</b>	<b>62</b>
5.1. Raw ingredients	62
5.2. Soaking	62
5.3. Cooking of soybeans	64
5.4. Unfermented mixed batter	65
5.5. Fermentation	65
5.6. Microbiological analysis	66
5.7. Steaming of fermented products	67
<b>6. Bibliography</b>	<b>68</b>
<b>Subject index</b>	<b>77</b>