

## **Development and Investigation of Garlic Added Yoghurt Using Cow Milk**

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Yogurt has greater popularity among fermented milk products. The development of fruit and flavoured yoghurt resulted in this product becoming of major importance in markets. Garlic is a common food spice and herbal medicine for preventing of many human diseases. Therefore a study was conducted to analysis physico- chemical properties of yogurt by incorporating of garlic paste at different concentrations. Yoghurt mixtures were prepared with 0.5%, 1%, 2%, and 3%, and without garlic paste. They were subjected into chemical, sensorial and microbial assessment during the storage period of four weeks. At first week, the chemical attributes such as ash, dry matter, total sugar, reducing sugar and pH show significantly ( $p < 0.05$ ) higher in 3% garlic added yoghurt. On the other hand, titrable acidity was higher in yoghurt made without garlic paste. At fourth week of storage period garlic (3%) added yoghurt received higher mean value for ash, dry matter, total sugar, reducing sugar and pH. Similarly yoghurt made without garlic received higher mean value for titrable acidity. Garlic reduced the bacterial load in the yoghurt as bacterial count was decreased with increase in the concentration of garlic paste. Finally, organoleptic assessment was revealed that there were ( $p < 0.05$ ) changes among the treatments in the sensory attributes. Although, yoghurt made from 1% of garlic at first week of storage showed the best overall acceptability compared with other all treatments, which contained values of ash, dry matter, total sugar and reducing sugar were  $0.61 \pm 0.05\%$ ,  $14.73 \pm 3\%$ ,  $12.7 \pm 1.57\%$  and  $1.86 \pm 0.19\%$ , respectively.

**Keywords:** Garlic, Nutritional quality, Overall acceptability, Yoghurt.