## MOUS MEAT PRODUCTS OF INDIA

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Varitety of traditional meat products of indigenous taste profile are prepared and consumed in India. these products are quite common throughout the country. Such products include those prepared from <sup>Carcass</sup> e.g. barbecue, tandoori chicken, fried chicken etc. A large number of products are processed the meat chunks e.g. meat curries, biryani, qurma, meat pickles etc. One can find a large list of Indian meat preparations out of comminuted meat viz. Keema, Kofta, Kababs, Ticca etc. Few meat for Indian meat preparations out of comminuted meat viz. Keema, Korse, are very specific to a particular region like Nihari in Delhi, Yakhani, Goshtaba and Rist in <sup>and</sup> pork pickle in northern parts of India especially in Himachal Pradesh. Some fermented type of <sup>Pork</sup> pickle in northern parts of finde coperation <sup>t forts</sup> have been made to describe some of these products in this presentation.

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In India conventional meat animals are goat, sheep, cattle, bullato, pro the second se In India conventional meat animals are goat, sheep, cattle, buffalo, pig and poultry. The total meat <sup>th</sup> the country is estimated at 1.2 million tonnes dimension. <sup>before</sup> the setting of rigor. It is said, less than 2% of the meat production is converted to processed <sup>ore th</sup>e setting of rigor. It is said, less than 2% of the most particular in India. However, these statistics are based on the information available from Bacon factories, <sup>Andia</sup>. However, these statistics are based on <sup>Andia</sup>. However, the public sector and a few licenced meat processors operating under MFPO are based on <sup>Andia</sup>. The meat plants under the public sector and a few licenced mean processing the ham, bacon, to be a product of the products of the ham, bacon, products of the ham bacon, tastes and technologies originated from <sup>Products</sup> Order). Usually production from these sources and technologies originated from the etc. Many of these products have their names, recipes, tastes and technologies originated from the etc. <sup>bic.</sup> Many of these products have their names, recipes, taken and food habbits. Indian consumers have heritage of their own unique <sup>taying</sup> different socio-culture and food habbits. Intran conserved tastes and preferences and a wide variety of traditional meat products of indigenous taste profiles of the pared and consumed in the country. It is not possible to cover all the indigenous meat products in <sup>short</sup> <sup>presentation</sup> however an attempt has been made to describe a few well knwon products. cheril Milication of products:

Being a vast country with a large number of ethnic groups and their varies to variation in meat based food from region to region is so large that it is difficult to group them in a cate Being a Vast country with a large number of ethnic groups and their varied food habits, the magni-<sup>variation</sup> in meat based food from region to region is so large that it is <sup>category</sup>. However, for the sake of convenience in description they can be classified into three groups <sup>prod.</sup> (2) Products processed from meat chunks and category. However, for the sake of convenience in description they can be caused from meat chunks and on Products prepared from intact carcass or part of carcass (2) Products processed from meat chunks and Prepared from comminuted meat. <sup>bre</sup>pared from intact carcass or part of carcass:

Such products include barbecue made of prok, Goat, mutton and chicken. Well fleshed, animals with <sup>auch</sup> products include barbecue made of prok, Goat, mutton and Chicken. <sup>Neat</sup> are preferred for barbecue preparation. Usually for community feast or for picknick during <sup>weat</sup> are preferred for barbecue preparation. Usually for community for <sup>14</sup> <sup>barbecue</sup> preparations are made. Another very popular product and <sup>1andoori</sup> preparation have originated from Punjab but these days Tandoori chicken is available almost popular product and pro <sup>wudoori</sup> preparation have originated from Punjab but these days rundoori part of the country. The product has attracted foreign consumers and Tandoori chicken are exported

to some gulf countries. Ready to cook chicken without giblets are used for this preparation. Ready to the chicken are marine his chicken are marinated in a gravy of spices and curd and cooked in a preheated (180-190°C) earther called Tandoor. Considering the large marketing potential, some studies have been made to standardise processing and keeping quality (Puttara-jappa et al., 1971, Keshri, 1984).

'Rapeka' is a dried meat product made from cut up carcasses. It is consumed by the tribes of the eastern hill region of the country. The different portion of carcass are dried over the usual cooking of Carcass parts are arranged on the racks fitted over the cooking oven and during cooking of food it gradue dries. With the reduction dries. With the reduction of moisture the portions are shifted from lower racks to higher one to adjust requirement of heat. Usually such meat are cooked along with tender bamboo shoots. It is said that bab shots have tenderising effect and create a special type of flavour in rapeka.

'Hunter' is a dry cured type of meat, prepared from round and theigh muscles of cattle and putility sually processed in winter. But a It is usually processed in winter. Big chunk of meat is rubbed with mixture of salt, sodium nitrate, and fresh lemon juices. The and fresh lemon juices. They are spiked with multineedle fork and kept in a earthen pale for 3 days, and third day, again same mixture and it third day, again same mixture and lime juice are rubbed over the meat and allowed to be cured for allowed to be cured for the meat and allowed to be cured for the meat and allowed to be cured for the days. days. Afterwards they are washed and cut into sclices. Usually it is eaten raw.

## Products made out of chunks:

Meat curries, Biryani, <u>Q</u>orma, Dopiyaza, Roganjosh, Nihari, Mutton yakhani, <sup>Pickles etc.</sup> processed out of meat chunks with or without bones. Meat curries are our most popular meat prepared out of chever Meat curries are prepared out of chevon, mutton, pork and buffalo meat. Depending on the meat used, spcies for curry are colocted to the spcies for curry are selected. Indian staple foods, such as rice and flat bread (Chapati) need a quantity of carrier and meat curries fit well in this quantity of carrier and meat curries fit well in this situation. Many recipes are available for meat curries

Biryani is another popular product and usually made from mutton or goat meat with rice. Come terminology in market is mutton biryani. Mutton biryani have characteristic flavour and taste. The depart for mutton biryani is increasing day, but it for mutton biryani is increasing day by day in civilian as well as in defence. Mutton biryani is markated canned form also. In order to ensure the canned form also. In order to ensure the quality and whole-someness of the finished product, various standard is the standard sical chemical, microbiological and hygienic requirements have been specified by Burean of Indian standard

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Meat Qorma is another popular products available throught out the country and many <sup>kinds of Qorm</sup> are prepared using different spice combinations with meat chunks.

Some meat products are speciality of a particular region or town viz. 'Nihari' in Delhi, Lucknow and the source the second secon other old town of northern India. Large meat chunks are cooked along with spices for a very long to be to be to slow heat, usually over night. Nihari is a breakfast item and considered very tasty and <sup>healthy</sup> Usually it is consumed along with "Kulcha" a special light type bread used for morning breakfast.

Meat pickles are popular traditional meat products in northern part of the country and have a preduct of the country and have a product of the country and have a product of the country and break o shelf life without refrigeration. Meat pickles are used as adjuncts with rice, paratha, chapati, puered and puered and puere a several other snacks. Pickles are prepared from pork and chevon. Besides other spices, vinegar and pusit

, 10 <sup>the the main ingredients of pickles. Padda and Sharma (1982) and Padda et al. (1985) standardised the</sup> hen heat and pork pickles and studied its keeping quality. A reduced moisture content along with low have been considered to be major contributing factors to the shelf life of the meat pickles. Gizzard pickles is another product in this group.

# of Muted Meat Products

As a matter of fact one can find a large list of delicious Indian food preparations where comminuted <sup>a major</sup> or minor ingredient. Some of the comminuted meat preparations such as keema, kofta, 

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 $l_{\rm h}$  lose term any minced meat is called keema and keema as such are cooked with various blends of <sup>auge</sup> term any minced meat is called Keema and Koome constructions such as green peas, <sup>and</sup> green curry stuff. However, addition of keema into vegetable preparations such as green peas, pu<sup>tie green</sup> curry stun....

Kofta are made in various forms but most common shape is like meat ball and depending on the meat <sup>th</sup> is named as pork kofta, mutton kofta etc. Some time boiled egg, dry fruits and other type of minced are stuffed in side the kofta ball and they are called Nargishi kofta, shahi kofta, surmai kofta <sup>hadda</sup> et al. (1988, 1989) have reported various recipes for goat meat kofta (Meat balls).

Among indigenous meat products, kababs are well known and emerging as one of the main entries in <sup>b</sup> Indigenous meat products, kababs are not the many kinds of kababs viz. sheek kabab, shami Gilabet ka kabab etc. Traditionally the kababs are prepared from red meats. Powder or paste of Real is used as extenders in kofta along with various profiles of spices. Gilabet ka kabab is made <sup>As used</sup> as extenders in kofta along with various provided in the old area of Lucknow. Salahuddin et al. (1988) have <sup>kababs</sup> from the mixture of mutton and chicken.

<sup>Coshtaba</sup> and Rista are served routinely as very popular dishes in Kashmiri "wazawan". The term <sup>Autaba</sup> and Rista are served routinely as very popular discussed meat products, prepared <sup>represents</sup> an entire range of several popular and delicious processed meat products, prepared <sup>represents</sup> an entire range of several popular and domain r <sup>for</sup> feasts by "wazaz-cook" in Kashmir. These include Goshtaba, Rista, Nate-yakkhi, Dopiyaza, <sup>Suani</sup>, Rogan josh, Qorma, Badam Qorma, Tabay Maz, rus <sup>Gerived</sup> from Gosht (meat) and Aab (water, aquous)means meat having water. Goshtaba emulsion is by constant pounding of prerigor (hot boned) mutton alongwith mutton fat using a wooden hammer <sup>a Constant</sup> pounding of prerigor (hot boned) mutton atomy and a spherical meat ball and cooked strate flat stone. Emulsions thus obtained are manually shaped into spherical meat ball and cooked like <sup>kravy</sup> <sup>Called</sup> "Yakhni" consisting of curd, water, spices and condiments. Rista is also prepared like <sup>v Called</sup> "Yakhni" consisting of curd, water, spices and condiments. Recently Samoon and Sharma (1991) have that Goshtaba can be prepared using chilled meat and employing mincing machine provided sodium fo<sup>od Mat</sup> Goshtaba can be prepared using chilled meat and employing and and Rista are served <sup>Mith</sup> No

Some indigenous meat based snaks are quite popular among the India consumers as convenience <sup>ome</sup> indigenous meat based snaks are quite popular among the sub-in fast food chain. Examples of such products are Meat Pakora, meat samosa, meat tikkas etc. <sup>1</sup>In fast food chain. Examples of such products are Meat Pakora, ..... <sup>1</sup>(198**9**) suggested that goat meat tikka with desirable texture is feasible after the incorporation <sup>1</sup>(198**9**) suggested that goat meat tikka with desirable texture is feasible after the incorporation <sup>1</sup>(198**9**) suggested that goat meat tikka with desirable texture is feasible after the incorporation <sup>1</sup>(198**9**) suggested that goat meat tikka with desirable texture is feasible after the incorporation <sup>al.</sup> (198**6**) suggested that goat meat tikka with desirable texture <sup>Nonders</sup> in the form of shredded potato (10%) or shredded potato in combination with bread crumbs (5%) We flower (5%).

## Conclusion:

Indigenous meat products are the major meat foods consumed by the non-vegetarian population of the traditional procession of t country. The traditional processing technologies are operating in unorganised units. Some organised units started production of indigenous meat products on commercial scale along with other meat based convenies in the start based convenies and the start based conveni foods known in the developed parts of the world. However, the range of meat products available in western countries may not be acceptable . western countries may not be acceptable in their totality in India. There is need to develop or modify products suitable to local consumer preference with proper blend of indigenous extenders and spices, sification of the processed meat industry in this direction and development of appropriate technologies the production of indigenous products would add variety, convenience, nutrition and quality to the reader products available in the court products available in the country.

BIS-Bureau of Indian standards, Meat and Meat Products - Mutton Biryani (Canned) specification, 15 1316 1991.

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