

An Analysis of Organoleptic Qualities of a Three-Course Menu from Moringa Leaves in Mubi, Adamawa State Nigeria

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Abstract : *Moringa oleifera* is mainly used as herbal medicine in most homes in Northern Nigeria. The plant is easy to grow and thrives very well regardless the type of soil. Use of moringa leaves in food production can yield attractive varieties on menu. This paper evaluates the acceptability of dishes produced with fresh moringa leaves with a view to promoting it in popular restaurants. A three course menu consisting of cream of moringa soup as the starter, mixed meat moringa sauce with semovita as the main dish and moringa roll as sweet was produced and served to a 60-member taste panel made of three groups of 20 each. Respondents were asked to rate the organoleptic qualities of the samples on a 10-point bipolar scale ranging from 1 (Dislike extremely) – 10 (Like extremely). Data collected were treated to one sample t-test and One Way ANOVA. Results show that the panelists extremely like the moringa products. It is recommended that *Moringa oleifera* should be incorporated into meals which is more readily acceptable than medicine.

Keywords : Moringa oleifera, food production, menu planning, healthy living

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