

# Puran Poli: A Signature Dish of Maharashtra

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## ABSTRACT

Puran Poli is a traditional Maharashtrian sweet dish which is specially prepared on the occasion of festivals. Puran Poli is prepared by using various recipes which varies according to region. The amount of stuffing of Puran during preparation of PuranPoli also varies according to region. The various major and minor ingredients are used for the preparation of PuranPoli such as Bengal gram, sugar and jaggery as a major and cardamom, nutmeg, fennel as a minor ingredients. The ingredients which are used in the preparation of PuranPoli contains high nutritional value such as protein, carbohydrate, fat etc. The delicious Puran Poli has even reached across to seven seas. Puran Poli gives so many health benefits because of using various ingredients. The various researches are carried out on the study of Puran Poli for its shelf life, organoleptic properties, and nutritional value. The various advanced technologies are also used during study of PuranPoli such as radio frequency heating technology or radio frequency dehydration methods, thermal processing, frozen methods etc. This review represents the detail information about PuranPoli which includes the methods and ingredients used in preparation of Puran Poli, regional variation, nutritional value and health benefits. This review paper tries to investigate literature available regarding Puran Poli along with technical advancement and feature scope.

## 1. Introduction

Puran Poli is a classical Maharashtrian dish. In India, during festive seasons the sweet and high-fat meal has been eaten. It also say that Puran Poli is a true and signature dish of Maharashtra. In India we celebrate so many festivals. Different states have distinct festivals, different specialties and various kind of food items. Maharashtra is no longer an exclusion to that. It is a usual sweet meals prepared in most households during any significant occasions and the festivals like *Holi*, *Shravan Maha*, *Ganapati-Gauri*, *Gudipadwa*, *Diwali* etc. The delicious Puran Poli has even reached to America and Europe, crossing seven seas.<sup>[1]</sup>

Classical Maharashtrian sweet dish offlatbread is often referred as Puran Poli in local language. There are various names of PuranPoli in neighboring areas like Puran Poli or *vedmi* in Gujarat, *boli* in Malayalam/Tamil area, *bobbattul/bakshalu* in Telugu language, *Holige* and *obbattu* in Orugatalle Kannada, *ubbattior* also *poli* in Konkani dialect. In Marathi it is also called as Puran Poli.<sup>[1]</sup>

Puran Poli is nothing but paratha that is stuffed with a mixture of jaggery and Bengal gram and is served with spicy curry, normally recognized as *Katachi Aamti* or with Milk or thick Mango juice. During festivals, the dish is presented to the Gods and is referred as *Nevedyam*. It is usually served with multiple snacks like *bhajiyas*, *papad*, *ghee*, etc.

## 2. History of Puran Poli

The method for preparation of PuranPoli mentioned in *Manasollasa* is also called as *purana* in a 12th-century Sanskrit encyclopaedia assembled by *Someshvara* III.<sup>[1]</sup> The place of origin of Puran Poli is in India. The tradition of consuming Puran Poli during festive season is observed by most of the

Maharashtrians till date. Puran Poli is then presented to visitors and family members on auspicious occasions.

## 3. Regional variants

The various methods are used for the preparation of Puran Poli which varies according to the region. The shredded coconut is used for the preparation of PuranPoli in Konkan district of Maharashtra. Sometimes the coconut palm jaggery is also added for the preparation of Puran Poli. The sugar and/or jaggery can be used as a sweetening agent in preparation of Puran Poli. Some minor ingredients are also used during the preparation of Puran Poli which is also varies according to the region. Generally Nutmeg is used for Flavoring characteristics which is also replaced by Cardamom or both ingredients are used in preparation of Puran Poli. The method of rolling stuffed dough also varies region to region. Somewhere rice flour is used for rolling the stuffed dough, because it makes rolling very convenient. In some methods, flour is not used. Instead, oil or ghee is used to roll it into a flatbread. After rolling, roasting is carried out with or without oil or ghee, which sometimes spread after it's completely cooked. In some places, turmeric powder is used in flour dough to give a traditional yellow color.<sup>[1]</sup>

The quantity of stuffing of puran in dough during the preparation of PuranPoli also varies greatly. Puran Poli made from Pigeon Pea splits in Gujarat having small size and thickness will be more. Whereas, in *Holige* the coconut is stuffed during preparation, it will be less thick and is large in size.

### 3.1 Maharashtra

Puran Poli is a traditional dish of Maharashtra which is prepared at various auspicious and happy occasions in all homes in Maharashtra. The Puran Poli is consumed with variety of product from spicy *Amati* to sweet *basundi*. Generally

it consumed with topping of ghee which makes it even better in regards of consumer preferences. The Puran Poli prepared and roast on big pot made up of clay (*khapar*) is very popular. It will be big in size. This Puran Poli is so famous that many individuals from other countries are also visiting such places where this kind of Puran Poli is served.

Due to changes in tradition and cultures all over the states, there are various types of methods presented to prepare Puran Poli that varies according to states or regions. In Nagpur, addition of sugar is common, whereas in Kolhapur jaggery is used as a sweetener during preparation of PuranPoli. In Vidarbha, stuffing is too much in Puran Poli, whereas in west Maharashtra, stuffing is quite less. In Khandesh, people use Bengal gram instead of Pigeon Pea splits or Mung dal. In the southern part of Maharashtra, stuffing is filled with jaggery and coconut.<sup>[2]</sup> The Parsi people use dry fruits and essence for preparation of PuranPoli, which helps to increase its characteristics and wave it like a dessert with one layer on one side.

### 3.2 Holige/Obbattu

In Karnataka, *Holige* is special dish which is served on various occasion such as *Yugadhi/Ugadhi*. The *Holige* which is prepared in Karnataka is made up of Bengalgram and sugar/jaggery and *Obbattu* is made up of coconut and sugar is also prepared.<sup>[2]</sup>

### 3.3 Opputtu

Golden yellow sweet pancake i.e. *Opputtu* is eaten during traditional *Sadhya* along with *Payasam* in various regions mostly in Tamil Nadu. Different types of *Opputtu* are prepared which includes *thenga* (coconut) *boli* and *sharkara* (brown sugar). It is generally famous in southernmost districts of Tamil Nadu in Kerala. It is mostly preferred as an evening snacks. It appears or looks like flattened chapatti. "*Kadambur opputtu* which is famous variety of *Opputtu* is mostly available in coconut and brown sugar flavor."<sup>[3]</sup>

## 4. Preparation method

As Puran Poli is a traditional product and prepared in India since many centuries. It have different preparation methods according to geographical locations but the major ingredients of Puran Poli are same. More than a few ingredients are used for the preparation of Puran Poli such as Bengal gram or splits of Bengal gram, simple flour (wheat flour or blended white flour), jaggery or/and sugar, cardamom powder and/or nutmeg powder, ghee, water etc. Tur dal is mostly used in Gujarat and other states such as Karnataka and Tamil Nadu. Andhra Pradesh and some other places use mung dal, Bengal gram or combination of lentils in some recipes. Minor ingredients may include nuts, dates, turmeric powder etc.

Puran Poli is mostly prepared with the stuffing of Bengal gram, sugar and jaggery. Initially Bengal gram is steamed in pressure cooker until it gets soft. Jaggery and/or sugar is added to the steamed Bengal gram. The mixture is crushed until the whole lentils are broken down. The outer covering is prepared with whole wheat flour and/or *maida* with the addition

of water. The inner filling i.e. Puran is then stuffed into outer covering of dough, just like paratha. It is then pressed lightly by the roller to form a round shape. The round shape Poli is then roasted on a pan until it is golden-brown in color. The shelf life of Puran Poli can be extended up to 2-3 days if kept in clean and dry place. Other ingredients such as *Khova*, Cashews, Almond Powder and Cardamom Powder can be added for the additional flavors.

## 5. Nutritional value

PuranPoli made from whole wheat flour is rich in carbohydrates, fibers, vitamins and certain minerals. Legumes and pulses have good amount of protein. Combination of cereals such as wheat flour and dal provide good quantity of protein. This combination provides proteins which contains required quantity of amino acids. Jaggery which is rich in phosphorous and calcium is also used in it. Jaggery also aids in digestion, as it breaks and becomes alkaline in the digestive system. Further addition of nutmeg and cardamom powder helps in digestion, has essential volatile oils and are carminative, antispasmodic, anti-inflammatory and anti-microbial.<sup>[4]</sup>

Table No. 1 Nutritional analysis of Puranpoli

Constituents	Puranpoli
Moisture (%)	30.80
Ash(%)	1.38
Protein(%)	16.40
Fat content (%)	27.17
Total sugar (%)	51.80
Reducing Sugar	1.90
Calcium content(mg/100g)	79
Non-reducing sugar (%)	49.90
Iron content (mg/100g)	2.98

## 6. Health benefits

Health benefits of the product is generally depends on the various ingredients which are used in the preparation. The major ingredient used for preparation of PuranPoli is Bengal gram which is helpful in curing many diseases as it is rich source of zinc, folate, calcium and protein. Along with Bengal gram, sugar and jaggery are used in preparation. The sugar help in getting quick energy boost as it is easily absorbed in bloodstream. Cardamom is also added in Puran Poli as a minor ingredient which is the most effective remedies again halitosis. It is widely used in South Asia to fight tooth and disease cancer prevention depression, digestion. In addition to all these ingredients funnel is also used for its medicinal values and beneficial nutrients, essential compounds, antioxidants, dietary fiber, vitamins and minerals.<sup>[5]</sup>

## 7. Research about Puran Poli

Vanaraseet *al*, (2016) have studies shelf life and organoleptic characteristics of Puran Poli where they have added *Tulsi* leaves to it. It was found that the addition of *Tulsi* leaves are having positive impact on nutritional quality of Puran Poli but sensory characteristics are remained unchanged. The Instant Puran Mix was packaged in normal polyethylene bags and maintained at normal temperature and the shelf life of the product was found to be more than three months. Some

studies have also conducted to analysis effect of frozen conditions on the quality of Puran Poli. The Puran Poli was prepared with standard ingredients and process and packed in LDPE, zip lock pouch and laminated aluminum zip pouch which stored at frozen storage (-18°C) for 28 days. Microbial, physico-chemical, and sensory characteristics of the Puran Poli was assessed during storage at the interval of 7th, 14th, 21st and 28th day. It was observed that pH was barely decreased for sample which was stored in LDPE pouch and Zip lock pouch but there was no change in the pH of the sample which was stored in laminated aluminum zip pouch. Microbiologically Puran Poli was found to be safe which was stored in laminated aluminum zip pouch during entire period of storage. Puran Poli stored in laminated aluminum zip pouch remains stable and acceptable for 28 days of storage studies at frozen temperature conditions (-18°C).<sup>[6]</sup>

Nutritional characterization of Indian traditional Puran Poli was also done by some researchers where it was found that the Puran Poli have health benefits as it is dense in nutrition. [Nitin G. Suradkar, Deepika Kamble and Arshad Fulpagar].<sup>[4]</sup> Radio frequency heating technology are used in few advanced studies on dehydration of legume based sweet product i.e. Puran, where it was found that among the dehydration methods radio frequency dehydration assisted with hot air gave acceptable quality of final powdered Puran product. It also observed that the instant mix have good colour after dehydration. Reconstituted easily with less amount of

water than microwave dried. The instant puran mix was prepared by Bengal gram and sugar in proportion of 40:60. [K.P. Babar,]<sup>[8]</sup>

## 8. Future scope

With advancement in technology and logistics all over the globe, Puran Poli have crossed its boundaries out of Maharashtra. With the increase in demand of the people and the innovative methods of the preservation technique the Puran Poli is exported in America, Sri Lanka and Europe. The major problem associated with this traditional product is that it require lot of time and skills. Therefore the instant puran mix is solution for catering this problem and as this instant puran is a dry product with shelf life more than three months this can easily exported to cater the needs of Puran Poli lovers across the boundaries or Maharashtra or even India. Market demand can be increased by using various technologies so that it can be available to the consumer without much efforts.

To increase the market availability proper techniques and good packaging material is required with further increasing its availability and scope. The new technologies like advanced frozen storage, radio frequency heating technology and irradiation can also be effective in Puran Poli storage. With changing demographics there is need of further research and innovation in the area of Puran Poli.

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