

### **IRANIAN CUISINE: CONCENTRATED WHEAT MALT EXTRACT (SAMANOO)**

F. Siadati Fini<sup>1\*</sup>, H. Fatemian<sup>2</sup>, A. Mirmajidi<sup>2</sup>

<sup>1)</sup> M.Sc. student in food industrial engineering, Islamic Azad University, Damghan Branch, Damghan

<sup>2)</sup> Assistant Professors of Food Processing of Agricultural Engineering Research Institute (AERI), Food Science and Technology Dept, Karaj, Iran

Concentrated wheat malt extract, also called Samanoo, is an Iranian traditional food product. It has a special place in the Iranian cuisine for its special taste and unique nutritional value. This product is made of water, green malt extract of wheat and different ratios of whole wheat flour. The mixture is then allowed to go through a natural sweetening during the thermal processing. Some of the previous studies show that this product is a good source of Phosphorous, Vitamin A, D, E and specially Vitamin B groups. It also offers large amounts of minerals and proteins with high digestive ability but low in calories. Samanoo has usually a viscosity of 197, brix of 55 and colour of 40-42 (L\* in browning). There are some important factors to produce a good product, including wheat varieties, amount of wheat germination, amount of flour, Temperature of water used for extraction, etc. In this Paper, the method of production and also the factors affecting on the quality of final product (samanoo) is described.

Keywords: Wheat malt extract, nutritional value, production method

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\* Corresponding author: [farnaz\\_siadati@yahoo.com](mailto:farnaz_siadati@yahoo.com)