

**Title** Low sodium product development of plara Dipand and plara curry  
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### ABSTRACT

Low sodium product development of plara (fermented fish) dip and plara curry was studied. The objective of this study was to investigate the drying rate of low sodium plara products powder, recovery of low sodium plara products powder and study on suitable formula of low sodium plara products powder. The results showed that moisture content of dried lemon grass has the least moisture. The ability of low sodium fish meal at 1, 2, 3, 4 and 5 minutes is dried shallots and dried kaffir lime leaves are best restored at 4 minutes. Dried Lemon grass and low sodium plara were best restored at 5 minutes. The effect of water temperature on product recovery, the results showed that dried shallots can be resuspended at 60 ° C for 10 minutes. Dried lemon grass, dried kaffir lime leaves, and low sodium plara were restored well at 80 ° C for 10, 6 and 8 minutes, respectively. Protein content of low sodium product of plara-dip was 12.40%, low sodium product of plara curry was 10.78%. Low sodium product of plara-dip products had the number of total bacteria as  $1.28 \times 10^3$  CFU/g, Low sodium product of plara curry products had the number of total bacteria as  $2.82 \times 10^3$  CFU/g, which the results were in accordance in Thai community product standard one hundred and thirty-four/two thousand three. On the other hand, sensory acceptance of low sodium product development of plara-dip and plara curry was the most acceptable. There were no statistically significant differences ( $p > 0.05$ ).

**Keyword:** Plara, Low sodium Food, Dehydration