

Physicochemical Assessment of Stirred Yogurt Enriched with Mofarrah (*Nepeta crispa* Wild)

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ABSTRACT

Nepeta crispa Wild is an aromatic plant endemic to Iran; locally known as Mofarrah, it has been widely used in traditional medicine. The objective of this study was to enrich yogurt with various concentrations of dry *Nepeta crispa* and evaluate the effects on its physicochemical properties and sensory characteristics. The aerial parts (leaf, flower, and stalk) of *Nepeta crispa* Wild were collected from three sampling stations in Hamedan Province, Iran. The collected samples were cleaned and crushed to obtain fine powders and flakes that were mixed with stirred yogurt at different ratios (0.25%, 0.5%, and 0.75% w/w). Five quality parameters – acidity, moisture, pH, fat, and salt – of the Mofarrah-enriched yogurt were measured. A sensory panel also evaluated the samples for sensory acceptability. The results showed that the mean acidity, pH, moisture, salt, and fat varied significantly ($P < 0.05$) between the enriched yogurt and control samples. The enriched samples were all of acceptable sensory quality.

Keywords: Environment, Food, Natural product, Plant nutrition