

Sensory and nutritional quality of sapota candy

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■ **ABSTRACT** : The present investigation was carried at Division of Horticulture, GKVK, UAS, Bangalore during the month of November- March, 2009-2010 to determine the sensory and nutritional qualities of the product *i.e.*, sapota candy developed. Candy prepared using sugar syrup concentration of 30/40/50°Brix dried at 60°C was judged to be better and so the sample had obtained acceptable sensory scores for colour, flavour, taste and overall acceptability. Osmotic dehydration of sapota slices indicated that the maximum water loss of sapota slices after 72 hours of osmosis at 28°C was 33.6 per cent for sugar syrup concentration of 30/40/50°Brix. The solid gain by sapota slices after 72 hours of osmosis was about 6.36 per cent depending upon the sugar syrup concentration (30/40/50°Brix). Moisture content of the candy was 4.54 per cent, TSS 39°B, pH 5.36, titrable acidity 0.36 per cent, ascorbic acid 1.92 mg, total sugar 22.7 per cent, reducing sugar 14.7 per cent and non reducing sugar 8.0 per cent.

■ **KEY WORDS** : Sapota candy, Sensory quality, Nutritional quality, Osmotic dehydration

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Sapota [*Manilkara achras* (Mill.) Fosberg (syn: *Achras zapota* L.)], is one of the important tropical fruits of India, although it is the native of South America, has been cultivated in most tropical countries. Sapota fruit is a poor keeper with a shelf-life of about 4-6 days only resulting in gluts in the local markets, bringing down its price considerably.

The research on the utilization of sapota fruits and sapota fruits value added and sapota fruits blended value added products are very scant. Keeping this in view, the present investigation was carried to determine the physical properties of sapota fruits and analyze the nutritional qualities and textural properties of the product *i.e.*, sapota candy developed.

■ RESEARCH METHODS

Collection of fruits :

Well matured, riped and uniform sized sapotas were used during this study. The fruits were harvested from Horticulture Farm, Division of Horticulture, GKVK, UAS, Bangalore during the month of November- March, 2009-2010.

Physical and bio-chemical properties :

The sapota fruits collected from the tree were analyzed

for the following physical characteristics:

Weight of fruit :

The harvested individual sapota fruits were weighed using a digital balance (Make: Essae-Teraoka Private Ltd., Bangalore, India) and the mean weight of ten fruits was expressed as fruit weight.

Seed weight :

The seeds of the sapota were weighed for each fruit using a balance and the mean weight of ten was expressed as seed weight.

Pulp weight :

The pulp of the sapota was weighed for each fruit using a balance and the mean weight of ten was expressed as pulp weight.

Peel weight

The peel of the sapota was weighed for each fruit using a balance and the mean weight of ten was expressed as peel weight.