

## Studies on preparation of guava jam blended with sapota

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■ **ABSTRACT** : Jam is prepared from fruit pulp by boiling with sufficient quantity of sugar to a moderately thick consistency. There are different types of fruit jams like strawberry jam, mango jam, pineapple jam, apple jam, mixed fruit jam. Hence, an attempt was made to find out the possibilities of mixing guava and sapota for making jam and utilizing a major portion of marketable surplus of guava. Guava and sapota pulp were blended in the ratio of 100:0, 90:10, 80:20, 70:30 and 60:40 to prepare blended jams. The treatment T<sub>4</sub> with 60 per cent guava pulp and 40 per cent sapota pulps showed significantly less titrable acidity (1.05%), higher TSS (74.2°Bx) and total sugar (67.28%). Among the blended jams, the highest scores for colour (8.64), flavour (8.88), consistency (8.97), taste (8.12) and overall acceptability (8.78) was judged in the treatment 60 per cent guava pulp and 40 per cent sapota pulp. Treatment T<sub>4</sub>, 60 per cent guava pulp and 40 per cent sapota pulp was more in red colour.

■ **KEY WORDS** : Sapota pulp, Guava pulp, Blending jam, Chemical analysis, Sensory evaluation

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India is bestowed with varied agro-climatic conditions, so it can produce a wide variety of fruits and vegetables. Now, it is the second largest producer of fruits and vegetables after China sharing 10 per cent and 13.28 per cent, respectively in world production. The major fruits grown in India include mango, banana, papaya, orange, mosambi, guava, apple, pineapple, sapota, ber, pomegranate, strawberry, litchi etc. In India, less than 2 per cent of the fruits and vegetables produced are processed against 65 per cent in United States. Jams are basically prepared from fruits and various sugars that are made considerable mainly by heat treatment. There are different types of fruit jams like strawberry jam, mango jam, pineapple jam, apple jam, mixed fruit jam. Hence, an attempt was made to find out the possibilities of mixing guava and sapota for making jam and utilizing a major portion of marketable surplus of guava.

Guava (*Psidium guajava* L.) is now cultivated in all parts of India. The tree is almost naturalized in our country and it is common to find this spreading shrub laden with aromatic fruits in some remote corner. The guava is known by different names such as amrud, piyara, peru, koyya, jamakaya, sede pandu etc. Guava is one of the most important commercial fruit crops

of India. The fruit is also called “The poor man’s fruit” or “Apple of the tropics”. It is a popular tree fruit of the tropical and subtropical climates. It excels most other fruit crops in productivity, hardness, adaptability and vitamin C content. The fruit is the richest source of vitamin C. It contains 4-10 times more vitamin C than some citrus fruits. The guava contains very little vitamin A or carotene. However, it is fairly rich in most other mineral nutrients. The vitamin C value of the fruits increases with maturity and is maximum when the fruit is fully ripe. But the vitamin content declines when the fruit is overripe or soft. The guava contains numerous pale coloured seeds which are quite rich in aromatic oil (14%) which is orange yellow in colour.

Sapota or sapodilla is a native of tropical America, having originated in Mexico of Central America. It is a delicious fruit also known as chiku, dilly, nispero, zapotte, sapota plum, sapodilla or prickly pear. India has about 162 thousand hectares of land under cultivation of sapota and produces about 1358 thousand tonnes of sapota per year (Anonymous, 2010). Although sapota is cultivated in India primarily for its edible fruit, it is cultivated in Mexico, Guatemala and Venezuela mainly for the extraction of chicle gum, resinous latex derived