



Effect of sugar and cardamom on the quality and shelf-life of Kachchagola sandesh

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ABSTRACT

The sandesh was prepared with different levels of sugar and cardamom and was analyzed for sensory chemical and microbial quality. The overall super organoleptic quality was observed in 0.2 per cent cardamom with 30 per cent sugar stored sandesh 0 day whereas in chemical quality, maximum total solid was noted in 0.3 per cent cardamom level with 40 per cent sugar 28 days. Maximum protein was recorded in 0.3 per cent cardamom level with 30 per cent sugar and stored for 28 days. Maximum sucrose was observed similar of three level of cardamom with 40 per cent sugar for 28 days and fat also noted in similar of cardamom level with 30 per cent sugar for 28 days stored. The minimum plates count was observed in fresh samples and YMC not detected in fresh samples. It is recommended that the best quality sandesh could be prepared from 0.2 per cent cardamom with 30 per cent sugar.

KEY WORDS : Kachchagola, Sandesh, Cardmom, SPC

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INTRODUCTION

Indigenous milk product Chhana is utilized as a base product for the production of Bengali sweets. The most popular Chhana based sweets are Rasogolla and Sandesh. Rasogolla is widely popular as Bengali sweet and has crossed the boundaries of eastern India and Bangladesh and now most popular through out Northern zone.

Sandesh is another Chhana based sweet which is popular in Eastern India and Bangladesh. This is a good source of protein, fat, sucrose and fat soluble vitamins like A, D, E and K. The production of this product is still confined to the place of its origin, Kolkata which is the main place of Sandesh production in country. Many varieties of Sandesh are sold in various places. Sandesh differs in respect of its appearance, flavour, body and texture rheology and composition. Sandesh can be broadly grouped into three main classes depending upon its body and texture, moisture and sugar contents e.g. Naramak (soft grade), Karapak (hard grade) and Kachchagolla. In each type, cow milk chhana is usually preferred over buffalo milk for Sandesh making because of its soft body, smooth texture and small grains.

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MATERIALS AND METHODS

Flow diagram for preparation of kachchagolla Sandesh:

