

Chemical quality of fruit flavoured yoghurt by using litchi fruit (*Litchie chiensis* L.)

RITESH BALASO WATHARKAR AND N.G. DEVSHETE

Chemical quality of fruit flavoured yoghurt by using litchi fruit were evaluated. Raw buffalo milk was standardized to 6 per cent fat. Fruit juice of fully ripened litchi fruit were used for preparation of yoghurt. Yoghurt was prepared from buffalo milk with incorporation of litchi fruit at different level which were 0 per cent litchi fruit juice (T_0), 2 per cent litchi fruit juice (T_1), 4 per cent litchi fruit juice (T_2) and 6 per cent litchi fruit juice (T_3). It was observed from the result that highest fat content and acidity was observed in control (T_0) i.e. 2.89 and 0.80, per cent, respectively than rest of all treatments. Total solid content was highest in treatment T_3 (addition of 6 per cent litchi juice) i.e. 22.07 per cent. The acidity of yoghurt showed a declining trend with an increase in the level of litchi juice. It may be concluded that good quality fruit flavoured yoghurt can be prepared by fortifying it with up to 4 per cent litchi juice.

Key Words : Yoghurt, Litchi fruit juice, Buffalo milk, Fat, Acidity, Total solid

How to cite this article : Watharkar, Ritesh Balaso and Devshete, N.G. (2012). Chemical quality of fruit flavoured yoghurt by using litchi fruit (*Litchie chiensis* L.), *Food Sci. Res. J.*, 3(2): 196-197.

INTRODUCTION

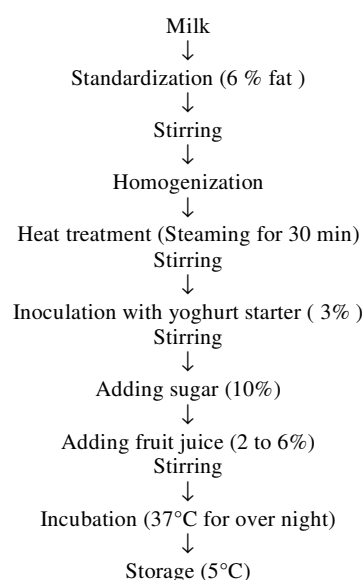
Yoghurt is produced by adding a 'starter' of active yoghurt containing a mixed culture of *Lactobacillus bulgaricus* L. and *Streptococcus thermophilus*. Yoghurt is valued for controlling the growth of harmful bacteria and in curing intestinal diseases like constipation, diarrhea, dysentery. Baked good will rise when yoghurt is used.

Recently, there has been an increasing trend to fortify the product with fruit juice/pulp. Fruits are considered good source of minerals and vitamins and hence, supplementation of yoghurt with fruit will not only improve its flavour but also its overall nutritional quality. Traditionally fruits like strawberry, raspberry, apricot and blackcurrant are used.

Litchi (*Litchie chiensis* L.) belongs to family Sapindaceae and one of the most delicious, refreshing and perishable subtropical food of India. Its juice is cooling, nutritive and good source of minerals.

METHODOLOGY

Standard buffalo milk with 6 per cent fat required for the study was obtained from local market of sawarda. Plane yoghurt with low fat and high protein was purchased from the Parsi Dairy (Mumbai). Fully ripened litchi fruits were used for



MEMBERS OF RESEARCH FORUM

Author for correspondence :

RITESH BALASO WATHARKAR, Department of Food Science and Technology, K.K. Wagh College of Food Technology, NASHIK (M.S.) INDIA

Associate Authors' :

N.G. DEVSHETE, Department of Food Science and Technology, K.K. Wagh College of Food Technology, NASHIK (M.S.) INDIA