

Standardize the recipe of Lasora (*Cordia dichotoma* Forest 'F') pickle in water

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ABSTRACT

The experiment was performed to standardize the recipes for preparing "Lasora pickle in water". There were four recipes replicated thrice and studied for two times in subsequent years. Product was evaluated for organoleptic qualities by a panel of judges. Product was eatable after 7 days of preparation and stored upto 35.42 days with acceptable colour and quality at ambient temperature. The recipe having moderate quantity of spices, salt and chemical preservatives like acetic acid and more quantity of water was found most acceptable. Though, the shelf-life of the fruit was longer with recipe having higher salt and chemical preservative.

Key words : Lasora, Spices, Salt, Acetic Acid and Pickle.

Pickle constitutes an important adjunct of human food all over the world. The promote the flow of gastric juices in stomach and thus promote appetite. Many common dishes can be made more delicious and palatable with their help. Commercially pickles are of two types, viz., prepared with oil and prepare with water. Lasora (*Cordia dichotoma* Forst 'F') is a very common wild fruit tree found growing all over India excepting high hills. Ripe fresh fruits of lasora are eaten by rural and tribal population or used to make spiritus liquor but it is not commercially popular. However, the unripe (green) fruits are acrid and can be used as vegetable or for making the delicious pickle. A lot of work has been done on the pickline technology of a number of fruits. But most of it has remained confined to the commercially grown fruits like mango, lemon, chilli etc. and no systematic work was done on the pickling technology of under folder fruits such as lasora. Therefore, the present investigation was conducted for evaluation of recipes of lasora pickle in water.

MATERIALS AND METHODS

The experiment was conducted at Horticulture Farm, RBS College, Bichpura, Agra during 1999-2000. The green fully developed fruits were harvested in the month of May. Average fruit size was 2.53 cm. (length) and 2.59 cm. (breadth) at harvesting. The fruits were washed under running tap water and clean manually. After that fruits were kept in 2% salt solution for 48 hours. Brined preserved fruits were washed and blanched in boiling water for 2-4 minutes then fruits were kept in sun shine for 2-4 hours to remove moisture. All the spices were

weighed accurately and cleaned. Spices in water was heated to cook it. Subsequently, the fruits were added to spices mixture and again mixed thoroughly. Chemical preservatives were also added accordingly to the recipe. All preparation were made in three replicates. The jars were stored at room temperature (25-30°C). A nine point hedonic scale was used for organoleptic rating by panel of 5 judges at 7 days interval to evaluate acceptability and palatability of product throughout the storage. Data of observation regarding changes in colour, acidity and organoleptic quality were recorded in table for both the year (1999-2000).

Recipe – I :

Fruits 1 kg., salt 100 g, red chilli powder 20 g, fenugreek 50 g, nigella 20g, aniseed 20 g, turmeric 25g, water 1.25 lit., sodium benzoate 2g/kg product.

Recipe – II :

Fruit 1kg., salt 50 g., red chilli powder 20 g, fenugreek 50g, nigella 10g, aniseed 20g, turmeric 25 g, water 1.75 lit., acetic acid 5ml./kg product.

Recipe – III :

Fruit 1 kg., salt 100 g, red chilli powder 25g, fenugreek 100 g, nigella 25 g., aniseed 25 g, turmeric 25 g., water 1.5 lit.

Recipe – IV :

Fruit 1 kg., salt 100 g., red chilli powder 25 g., fenugreek 100 g., nigella 25g, aniseed 25g, turmeric 25 g., water 1 lit. sodium benzoate 2g/kg product, acetic acid 10 ml./kg product.