

Accepted : June, 2010

## Utilization of tender coconut (*Cocos nucifera* L.) milk in the preparation of pudding

DHAMMARKSHIT D. DAWANE, RAHUL C. RANVEER AND KALYAN D. NAGARGOJE

### ABSTRACT

The objective of the present study was to standardize pudding recipe and optimize the proportion of coconut milk in the pudding. Good quality matured nuts were selected for extraction of coconut milk. Buffalo milk was concentrated in the ratio of 2.5 : 1 and sugar (16%) was added. The milk along with 2% gelatin was used as recipe with different proportions of coconut milk of 5%, 10% and 15%. The chemical analysis showed that coconut milk is a rich source of fat than buffalo milk. The fat content, carbohydrate and protein contents of coconut milk pudding increased as the level of coconut milk increased. There was no significant change in titratable acidity as the level of coconut milk increased. Organoleptic evaluation showed that pudding containing 10% coconut milk gave best sensory score among all the combinations tried.

**Key words :** Pudding, Milk, Coconut milk, Condensed milk, Organoleptic evaluation

---

### INTRODUCTION

Milk being rich in nutritive value, has been an important source of food to human since the dawn of cultivation. Milk is called complete food, since it supplies body building proteins, health giving vitamins, bone forming minerals and energy giving lactose and milk fat. India is world's largest producer of milk. In 2006-2007 milk production almost goes up to 100 MT (Rao, 2008). Milk is most precious liquid food in nature. Man has evolved in close contact in nature and the first food nature provided for man was milk, which is called "Dugdha" and "Kshira" in Sanskrit. Milk is an important part of Indian diet. The role of milk in health as the most wholesome single food available in nature for health and a medicine has never been debated. Ancient Vedic literature is full of evidences of the beneficial therapeutic properties of milk and milk products.

Dairy today occupies the second position in term of output take in all agricultural activity. The cost of dairy products has risen considerably over the years, which has given the impetus to development of wide range substitutes with cost effectiveness, nutritional and functional properties

(Chandra and Alam, 2007). We have successfully won the battle against milk scarcity and now a days instead of milk by use of different ingredients adding to its appeal fruits like jackfruit, cherry, pineapple, fig, dates, clove, orange, mango, walnuts, etc can be used alones or in a combination and accordingly are named as jackfruit pudding, cherry pudding etc. There is great variation in pudding recipe from place to place and it may even change with a slight change in constituent's content. Thus, there is considerable scope for standardization of pudding technology.

Coconut milk is the milky white liquid squeezed out from grated coconut meal (Hagenmaier, 1988). Coconut milk is an emulsion of coconut oil in water in to which some of soluble components of the milk have already been passed. Coconut milk is a good source of vegetable casein (Pulari and Wadhwa, 2002). Apart from the household culinary uses, coconut milk is also utilized as a substitute for dairy cream as evaporated and condensed milk in the preparation of white soft cheese and similar food recipes. As compared to cow's milk, coconut milk is richer in fat but poor in protein and sugar. Functionally coconut milk is

D. Dawane, Dhammarkshit, Ranveer, Rahul, C. and Nagargoje, Kalyan, D. (2010). Utilization of tender coconut (*Cocos nucifera* L.) milk in the preparation of pudding, *Food Sci. Res. J.*, 1 (2) : 111-115.