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RESEARCH ARTICLE

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Development, nutritional evaluation and hedonic acceptability of *Akha (Rubus pedunculosus)* mango jam

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ABSTRACT

***Akha* mango jam was prepared by blending *akha* and mango in the ratio of 100:0 (Tc), 15:85 (T1), 30:70 (T2) and 45:55 (T3). The results of the study revealed that acidity increased significantly as the concentration of *akha* increased in the jam however, total sugars, reducing and non reducing sugars decreased with the increase of the concentration of *akha* in the *akha* mango jam. The analysis of vitamin C showed that vitamin C content increased with the increase of the concentration of *akha* in the *akha* mango jam. The analysis of minerals showed that with the increase in concentration of *akha* in *akha* mango jam the various minerals *viz.*, calcium, phosphorus, sodium, potassium and iron increased significantly. The hedonic acceptability of the *akha* mango jam showed that all the formulations were acceptable by the panelist however the panelist graded the best to pure *akha* jam.**

Key words : *Rubus pedunculosus*, *Akha*, Wild fruit products, Jam

INTRODUCTION

Jam making is the most important method of preserving fruits commercially as well as in household level. A considerable quantity of jam is prepared throughout the country during various seasons. They can be a source of ready energy, vitamin C and certain minerals depending upon the fruit used. *Akha* (*Rubus pedunculosus*) belonging to family Rosaceae is an edible wild fruit with short life span and is perishable in nature. It grows in midhill and widely consumed by the rural population in hills. Besides this *akha* fruit is a good source of various nutrients like vitamins, beta- carotene and minerals. So, it is urged need that this indigenous fruit, which is not easily marketed, should be processed in to acceptable products. Moreover, there is no information regarding the utilization of this wild fruit in the development of products. So, in the present study an attempt has been made to utilize this wild fruit in the development of nutritionally supplemented mango *akha* jam.

MATERIALS AND METHODS

Procurement of sample:

The *akha* fruits (*Rubus pedunculosus*) were collected from the forest area of Palampur (H.P.) and were washed with double distilled water to remove adhering dirt and dust whereas; mango (*Mangifera indica)* was procured from the local market of Palampur H.P. The *akha* and mango fruits were converted to pulp by method as shown in Fig. 1. The pulp was filled in jars

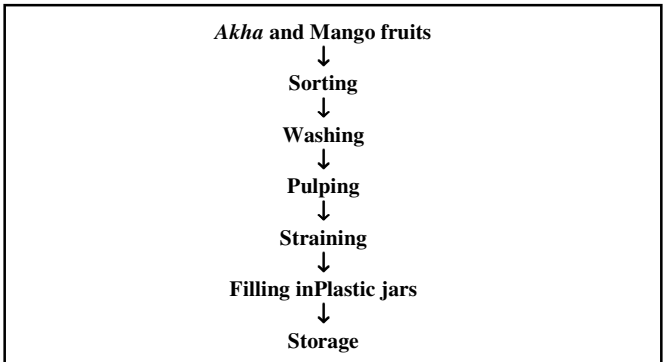

Fig. 1 : Flowsheet for preparation of *Akha* and mango pulp

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