Preparation of candy from ber - A value addition

AJAYKUMAR M. TAKE and M.G. BHOTMANGE

In order to provide value addition and also to preserve ber fruits for longer period, standardized procedure for the preparation of ber was developed. Mature ber fruits (cv. Umran) were selected and washed to remove the dust particles. Then pricking was done and pricked ber fruits were then plunged in boiling water as well as with sodium metabisulphite for 5-10 minute and then in cold water to stop the process of blanching. Effect of blanching on the nutritional parameters was studied. Destoning was carried out and slices were submerged overnight in sugar syrup of 30° Brix and 0.5 per cent citric acid. Then strength of sugar syrup was increased slowly at a constant rate of 10° Brix per day till the strength of sugar syrup reaches up to 70° Brix. Sensory analysis was carried out to find out the overall acceptability of ber candy. Physical and chemical characteristics of ber fruits were also studied. Results showed that candy treated with sodium metabisulphite scored higher than that of blanched with hot water.

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