



Studies on quality of *Gulabjamun* prepared from cow milk blended with coconut milk

P.S. MAHALE, R.R.SHELKE, V.M. THAKRE AND S.P.NAGE

ABSTRACT

The present investigation was undertaken to utilize valuable, nutritious biological coconut milk with cow milk for preparation of *Gulabjamun* and to obtain value added product. The blending of cow milk with coconut milk was taken in the proportion of 100:00 (T₁), 90:10 (T₂), 80:20 (T₃), 70:30 (T₄), 60:40 (T₅) for *Gulabjamun* preparation. Total solid content in all the treatment was non significant, fat content increased significantly as increased the level of coconut milk blending from 10 to 40 per cent while protein content decreased significantly. The overall acceptability of *Gulabjamun* prepared from cow milk blended with coconut milk in proportion 80:20 was good quality *Gulabjamun* and for 90:10, 70:30 and 60:40 were fair quality. The cost of ingredients only was taken to indicate the cost of *Gulabjamun* production. Blending of 20 per cent coconut milk with 80 per cent cow milk was useful for manufacture of *Gulabjamun* having most acceptable quality.

KEY WORDS : Khoa, Coconut milk, *Gulabjamun*, Sensory

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INTRODUCTION

Gulabjamun is a nationally popular khoa based sweet, originally, it was made with khoa and maida (flour). As it looked like the monsoon fruit, Jamun, and was flavoured with rose water, it got its name as *Gulabjamun*. The gourmet version of *Gulabjamun* has centre-cored honey with pistachio and cardamom seeds and is preserved in kesar (saffron) syrup. *Gulabjamun* is characterized by brown colour, smooth and spherical shape, soft and slightly spongy body free from both lumps and hard central core, uniform granular texture, mildly cooked and oily flavour, free from doughy feel and fully succulent with sugar syrup (Sharma, 2006).

The importance of milk and milk products in India is realized since vedic period. It supplies various nutrients like animal protein, vitamin A and lactose. It contains milk fat which generates nearly 2.5 times more energy than other food products. It supplies milk sugar, minerals and carotene, whose deficiency may lead to night blindness.

Correspondence to:

P.S. MAHALE, Department of Animal Husbandry and Dairying, Dr. Panjabrao Deshmukh Krishi Vidyapeeth, AKOLA (M.S.) INDIA

Authors' affiliations:

R.R. SHEKLE, V.M. THAKRE, AND S.P. NAGE, Department of Animal Husbandry & Dairying, Dr. Panjabrao Deshmukh Krishi Vidyapeeth, AKOLA (M.S.) INDIA

Milk has been described as most ideal food which referred as Bank of nutrients.

Coconut milk has developed considerable interest in nutrition as it could be one of the possible substitute for milk at reasonable cost. It is considered very healthy in Ayurveda. Some people believe that coconut milk can be used as a laxative. Coconut milk has a medicinal and therapeutic value. It stimulates growth. It is highly digestible and found quite effective in curing gastric troubles. It is useful for feeding infants and children. It is highly energetic food and a tonic for persons suffering from diabetes, blood pressure, kidney troubles, general weakness and diseases related to malnutrition in children and pregnant women it also acts as a effective brain tonic.

Objectives:

– To find out the optimum level of coconut milk blended with cow milk in *Gulabjamun* preparation, to standardize the method of *Gulabjamun* preparation using coconut milk, to study sensory quality of *Gulabjamun* prepared with different levels of coconut milk and to work out the cost of *Gulabjamun* blended with coconut milk.

MATERIALS AND METHODS

The procedure adopted for experimentation in the present study are given below :