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Optimization of pomegranate peel concentration and blanching time for preparation of antioxidant rich instant ginger candy by response surface methodology

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Inger is well known for its medicinal properties and health benefits through ages in almost all system of medicines against many J diseases and infections and at the same time have moderate antioxidant activity. Pomegranate peels are exploited in traditional medicine because of their strong profile of the phytochemicals contents, making it as a popular remedy throughout the world. An attempt has been made for the development of antioxidant rich instant ginger candy by considering different parameters such as dried pomegranate peel powder (1-5% of total syrup) and blanching time (5-15 minutes) using response surface methodology i.e., Central Composite Design (CCD) and followed by dipping in 40°B initially for 1 hour and 75°B sugar solutions containing 2.0% citric acid for 2 hours at 95° C and dried at 55° C for 1 hour. The candy so prepared were evaluated for different physicochemical and sensory characteristics such as TSS, acidity, antioxidant activity, TSS: Acid ratio, phenolics content, protein content, overall acceptability and acceptability index. It was observed that ginger candy prepared using 5% peel concentration and 12.58 minutes blanching time has 0.68: Desirability with optimum product qualities in terms of TSS (68.360B), acidity (1.18%), antioxidant activity (67.55 %), TSS: Acid ratio (58.27), phenolics (17.72 mg/100 g), proteins (6.98) and overall acceptability (7.12).

Biography

Prakriti Jnawali is currently pursuing her Master's research in the area of Nutrition and Dietetics from the Department of Food Technology and Nutrition at Lovely Professional University, Punjab, India. Her research interest includes development of nutraceutical foods.

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