

**DEVELOPMENT OF AN EDIBLE SPREAD BASE
USING COCONUT (*Cocos nucifera* L.) KERNEL
DERIVATIVES**

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ABSTRACT

Coconut (*Cocos nucifera* L.) kernel has been used for culinary purposes in various forms in Sri Lanka for over thousand years. The present study was conducted to select a suitable kernel derivative to be used for the development of a base for an edible spread or a dip. To the best of the authors' knowledge creamed coconut can be recommended as the most suitable coconut kernel derivative for the development of an edible spread base. Hence, this study was focused on identifying a suitable raw material, optimum processing techniques and suitable additives to produce an edible spread base using creamed coconut.

Selection of suitable raw materials to produce creamed coconut was done using creamed coconut produced from coconuts of different stages of seasoning and creamed coconut produced from blends of commercially available DC. Furthermore, to improve oil separation stability six different additives were used depending on availability. Most suitable raw material and additives to produce creamed coconut was selected according to the physicochemical properties and storage stability of creamed coconut.

It can be concluded that most preferable raw material to produce creamed coconut is three weeks seasoned coconuts due to its good processability, lower oil content and good storage stability. If using commercially available DC to produce creamed coconut, the best quality creamed coconut can be produced using the combination of 3:2 high-fat DC to low-fat DC ratio. In the case of incorporating additives only soy flour, guar gum and glyceryl monostearate showed reduction in the oil separation.