

DEVELOPMENT OF CREAMED COCONUT SAUCE

(Cocos nucifera L.)

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By

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ABSTRACT

Coconut kernel is a rich source of carbohydrate, protein, lipid, dietary fiber, minerals and it imparts numerous health benefits. The present study was conducted to develop a creamed coconut based sauce. Seven sauce sample were prepared using different proportions of creamed coconut and chili powder in weight basis as the main ingredients (50:50, 60:40, 70:30, 80:20, 85:15, 90:10, 95:05). Other ingredients used were sugar, xanthan gum, cinnamon powder, water, salt, vinegar, pepper powder, onion and garlic. Based on the standard pH (4.9-6.2) and Brix value (higher than 22%) stipulated by the SLSI for coconut cream based products, samples containing creamed coconut and chili powder in proportions of 85:15, 90:10 and 95:05 were selected for sensory evaluation. These samples were evaluated for appearance, texture, taste, odor and overall acceptability by 30 trained panelists. Sensory data were analyzed by Friedman non- parametric test ($p < 0.05$). Brix and pH values of the selected samples were measured and its proximate composition was analyzed using standard AOAC procedures. Its rancidity was measured as peroxide value over a period of 48 days. The sample containing 90 % creamed coconut and 10 % chili powder and received the highest overall acceptability. Therefore, it was selected as the best product. pH and Brix values of the selected sample were 4.93 ± 0.01 and 35.7 ± 0.1 respectively and its carbohydrate, protein, sugar, total fat and moisture contents (present by mass) were 20.8 ± 0.1 , 5.0 ± 0.2 , 9.7 ± 0.15 , 34.9 ± 0.3 , and 26.29 ± 0.02 . Further it contained 417 kcal/100 g of energy. Peroxide value of the selected sample after 48 days remained low (14.8 meq kg^{-1}) indicating its storage stability. Shelf stable coconut cream based sauce with high consumer acceptance can be prepared by using 90 % of creamed coconut and 10 % of chili powder as the main ingredients.

Keywords: Creamed coconut, Sauce, chili powder