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Short Communication

Organoleptic Characteristics Study of Different Flavored *Amla* Candy

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INTRODUCTION

Amla is also known as emblic, emblic myrobalan and Indian gooseberry as well. It belongs to family *Phyllanthaceae* and belonged to native range from tropical and Southern Asia. *Amla* can be cultivated in slight acidic to saline and calcareous soils as well as reported by Katke *et al* (2018). But *Amla* production results best under fertile-loamy soil having pH of soil ranging from 6.5-9.5 with good drainage system. It is cultivated throughout India and also known as 'superfruit' due to its nutritional properties. *Amla* aids in digestion process and also helps in boosting the immune system. It is also used in preparation of several health products (Al-Waili, 2003 and Schramm *et al*, 2003). *Amla* is a seasonal fruit and non-available in rest of the year. The magical effect of *Amla* is that it can be used to make both sweet and salty dishes and incorporation into different *Amla* based food products. So by employing different food processing techniques *Amla* can be stored in the form of juice, powder, candy, pickle and marmalade etc. Apart from food products, it can also be used in the development and manufacturing of various beauty and pharmaceutical products in the form of shampoo, cream and oil etc. The present work aimed to develop different flavoured *Amla* candy and estimate its sensory or organoleptic characteristics so that it can be used for further skill based training purpose in Krishi Vigyan Kendra's. In this pilot scale work, the parameter was standardized thoroughly for the preparation of *Amla* candy with minimum pre-requisite and resources.

MATERIALS AND METHODS

Procurement of Raw Material

The fresh *Amla* was picked up from the nutrition garden of Krishi Vigyan Kendra, Faridkot. Then picked *Amla* was cleaned, washed and dried under hygienic condition. Then *Amla* was used for further processing of development of *Amla* candy.

Development of Product

Three different types of *Amla* candies were prepared using sugar, honey and jaggery as a flavoring agent as discussed in flow chart 1. The prepared *Amla* candies were denoted as A1 (Sugar based *Amla* candy), A2 (Honey based *Amla* candy) and A3 (Jaggery based *Amla* candy).

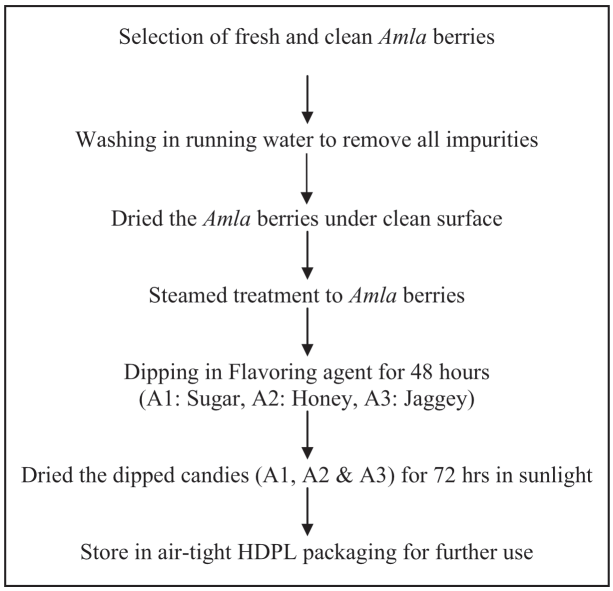


Fig. 1: Flowchart for the preparation of different flavored *Amla* Candy

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Table 1. Organoleptic Scores of Different Flavored *Amla* Candy.

Sr. No.	Color	Appearance	Flavour	Texture	Taste	Over all
A1	7.9±1.37	7.7±1.15	7.9±0.99	6.7±1.49	6.9±1.85	7.42±0.88
A2	6.9±1.79	6.8±1.87	6.7±1.49	5.4±.50	6.5±1.71	6.46±1.37
A3	6.1±1.79	6±1.63	5.3±1.94	5±1.49	4.5±1.43	5.38±1.31

(Like extremely 9, Like Very much 8, Like moderately 7, Like slightly 6, Neither like nor dislike 5, dislike slightly 4, dislike moderately 3, dislike very much 2 and dislike extremely 1)

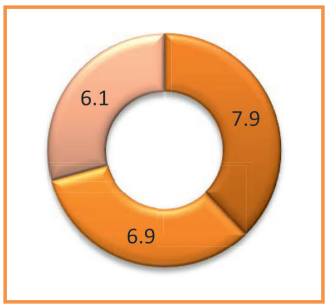


Fig 1: Colour scores of different flavoured Amla candy

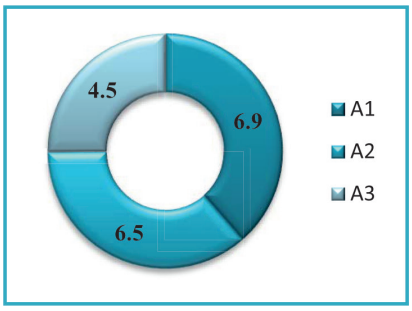


Fig 2:Taste scores of different flavoured Amla candies

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Organoleptic Evaluation

The three different types of *Amla* candies were tested organoleptically on a nine-point hedonic scale (Rangana 2002) by a panel of ten trained experts and the collected observations were further calculated statistically.

RESULTS AND DISCUSSION

The *Amla* candies prepared using different seasoning is expressed in Table 1 and Fig 1 & 2. The *Amla* candies prepared from the sugar has scored highest acceptability on a nine-point hedonic scale as compared to honey and jaggery in terms of color (7.9), appearance (7.7), flavor (7.9), texture (6.7), taste (6.9) and overall acceptability (7.4).

The *Amla* candy prepared from sugar have a lustrous and golden yellow color while prepared from jaggery have a dark chocolate color and also less acceptable by judges. Similarly, the honey based *Amla* candy is also good in terms of overall acceptability than the jaggery based.

CONCLUSION

This pilot work summarized that *Amla* candy can be easily prepared at domestic level and further it can also be made by self help groups (SHGs) or entrepreneurs for employment generation. Moreover, the value addition of *Amla* in the form of candy can also be stored for a period of 90 days without addition of any artificial preservative. *Amla* candy can be given daily after meal for better digestion as well.

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