Poster

DEVELOPMENT OF A NOVEL CANDY USING CALABASH GOURD (*LAGENARIA SICERARIA* (MOLINA) STANDLEY)

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ABSTRACT

Calabash gourd commonly known as bottle gourd (*Lagenaria siceraria* (Molina) Standley, is a nutritive vegetable which gives many health benefits. However Calabash gourd is still an underutilized vegetable in Sri Lanka mainly due to unavailability of its processed food products. Therefore, the present study was carried out to develop a processing technique for preparing a candy/dosi, Calabash gourd flesh incorporated. A candy/dosi was prepared using flesh of fruits, sugar, raw coconut, wheat flour, milk powder, banana essence and green colouring (E 102, E 133) as ingredients. The best combination of ingredients was selected by testing type and amount of each ingredient at a time. Quality evaluation was performed through hedonic tests. Prepared candies/dosies were packed in 300 gauge polypropylene bags and stored at room temperature and refrigeration to determine the storage life. Sensory results were analyzed by Friedman non parametric method using Minitab and SAS software.

Candy/dosi consisted of 58.68% Calabash gourd flesh, 34% white sugar, 7.32% grated coconut (w/w), banana essence and green colouring(E 102, E 133) was selected as the best product. The storage life of dosi/candy was 7 days at room temperature and 3 weeks under refrigeration at 4°c. It can be concluded that dosi/candy can be successfully developed using flesh of immature fruits of Calabash gourd with desirable sensory properties.