

Development of Ice Cream Added with Jackfruit (*Artocarpus heterophyllus*) and Sugarcane Syrup

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Abstract

The jackfruit (*Artocarpus heterophyllus* Lam.) is one of the important tropical fruits cultivated in the worldwide. The objective of this study was to optimize the amount of jackfruit pulp added to the ice cream while taking account of consumer demand and nutritional value. Well-ripened jackfruits were blended with 5% water and heated to 70°C to create jackfruit pulp. The ice cream composites were made by combining fresh milk and jackfruit pulp in the following ratios: 10:90 (T2), 15:85 (T3), 20:80 (T4), and control sample. The physical and chemical characteristics (pH, moisture content, titratable acidity, Ash, protein, and fat), sensory attributes and yeast and mold were ascertained. There was a significant difference in the Moisture content, pH and titratable acidity value of the ice cream between the treatments. The moisture content ranged from 64.19±1.22 % to 54.28±0.13%, pH ranged from 6.75±0.01 to 6.47±0.01 and titratable acidity from 0.23 to 0.13. Additionally, the highest overrun percentage was observed in 15% jackfruit pulp incorporated ice cream. Yeast and mould count were absent in all the treatments. Based on the sensory evaluation, ice cream with 15% jackfruit pulp incorporated ice cream was recorded the highest score for taste, flavor, mouth feel, appearance and overall acceptability. In conclusion, 15% jackfruit pulp and 85% fresh milk work better as ingredients for ice cream preparation.

Keywords: Ice-Cream, Jackfruit pulp, Sugarcane syrup