

## Standardisation of Technique for the Preparation of Candy from Kelakkai (*Carissa caranda*)

*Kelakkai* is a cheap sour fruit generally used for pickles and is available through out Tamil Nadu. This fruit can be profitably made use of for the preparation of candy. The process of candying consists essentially of slowly impregnating the fruit with sugar syrup until the sugar concentration in the fruit is high enough to prevent spoiling.

Before impregnation with sugar, the fruit has to be treated in order to bleach the colour and to remove the sour and astringent taste. Removal of such undesirable constituents in certain fruits by chemical treatments has been described (Cruess, 1958; Lal *et al.* 1960). They include treatment with brine containing 15 per cent sodium chloride, sulphurous acid of 2,000 ppm sulphur dioxide and 2 to 3 per cent calcium hydroxide. However no specific method has been prescribed for the treatment of *Kelakkai* for candying. The above three methods were therefore employed for this purpose and it was found that treatment with brine water gave satisfactory results. The following method was then standardised for the preparation of candy from *Kelakkai*.

The fruits were kept immersed in 15 percent brine containing potassium metabisulphite equal to 60 ppm of sulphur dioxide. Within two days the natural colour of the fruit was completely bleached. The fruits were then taken out of the brine and thoroughly washed with water. The seeds were removed by slitting the fruits with stainless steel

knife. The fruits were then cooked in boiling water till they became soft, changing the water three or four times. Care was taken that the fruits were not too much softened. The fruits were placed overnight in a sugar syrup of 40° Brix containing the dye Erythrosine BS (not more than 0.2g/kg) and the syrup was drained off on the next day. The concentration of the syrup was increased by 10° Brix by adding more sugar and subsequent boiling. The hot syrup was then poured back on to the fruits and kept overnight. This process was repeated till the syrup attained a concentration of 70 to 72° Brix and remained constant thereafter. The excess syrup was drained off and reserved for further use. The candy was air dried and packed in polythene bags.

*Kelakkai* candy can be used in bakeries as an ingredient of cakes and fruit buns. The process described is quite simple and economical. The profit rate is about 150 to 200 per cent since the fruit fetches only a very low price when sold as such.

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