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Fruit jelly marmalade recreational purposes

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This work is devoted to development of a process of obtaining the fruit and jelly marmalade with pectin as structurant, gelling apple and rhubarb sauce enriched by fruit juice and black elderberry and extracts of herbs (thyme, oregano and violet).

The choice of this raw material is due to the fact that vegetable raw material is a valuable source of biologically active substances, the content of which in traditional marmalade is negligible.

The aim of our work is to obtain marmalade with high nutritive value and high antioxidant activity, as well as with a marked pharmacological effect. Antioxidant effect of medicinal plant extracts, and fruit and vegetable components is caused by the presence of their large number of phenolic nature substances, such as flavonoids, flavonols and anthocyanins. Therefore, their contents in the fruit and vegetable components and proposed phytoextracts was analyzed. Obviously, the presence of herbal components in a marmalade recipe enriches the finished products with a large number of phenolic components; also the effect of marmalade enrichment with catechins, flavonols, anthocyanins by using the enrichments is calculated.

By using of trial brews ratio of ingredients and the optimum technological regimes, which allow to get the finished product of high quality were found, and organoleptic and quality factors of the finished product were estimated.

Determined that the usage of rhubarb puree and elderberry fruit juice totaly of 25-30% and water-alcoholic extracts in an amount of 2-4% allows to eliminate the additional introduction of citric acid to the marmalade masses.

The expediency of usage in marmalade technology the elderberry juice and water-alcoholic extracts of thyme, oregano and violet is confirmed. It allows creating finished product with recreational purposes and good taste, appearance, improved nutritive value and marked pharmacological effect.

KEY WORDS

marmalade, fruit juice elderberry, water and alcoholic extracts of Thyme, Oregano and Viola Tricolor