

Descriptive Sensory Evaluation and Consumer Acceptance of Herbal Amla-Curry Sauce

ABSTRACT

Sensory acceptability of a value-added amla curry product is critical factor in daily life consumption. This study investigated factors influencing consumer preference for processed sauce. Amla and curry leave both are rich in antioxidant properties they boost our immunity to provide us good health, it will boost your immunity and the aim of the study is determination & optimization of amla curry sauce formulation, evaluate its functional properties of developed sauce and the analysis of sensory characteristic of the product. Fresh amla fruit processed by boiling, curry leave roasting, mixing the herbs which is used to make the sauce. We processed it with using 100% natural ingredients. The sauce was evaluated by 10 panel members using hedonic scale test and ranked by 40 consumers for preference. The result showed that sauce was more distinguishable by appearance, taste, and mouthfeel than by aroma, flavor and after taste. Sauce was green in color and preference was significantly positively influenced by the color. We applied the methodology which involves in determination with more than one variation of the ingredients and selected the specific combination of the sample. The processed sauce is simply rich in vitamin c content & antioxidant property which was the main aim of study to create a stuff which can be useful for our daily consumption.

KEYWORDS

Antioxidants, consumer preference, sensory analysis, amla, curry leave, hedonic test

1. INTRODUCTION

In general, amla is referred to as an Indian gooseberry. Because of their useful qualities, the berries of the trees are powerfully applied in pharmaceutical preparations. Small, spherical, yellowish-green berries that are found on amla trees are present. Amla has five distinct flavours, including pungent, astringent, sweet, bitter, and sour. In addition to this, it promotes greater physical and mental wellness. This is the reason it is referred to as "Divyaushada," a divine medication. Sanskrit refers to amla as amalaki, which translates to "nectar of life." Amla contains a lot of different antioxidants. It is usually accepted that antioxidants might scavenge free radicals produced by the body when it is under stress. The ability of antioxidants to scavenge free radicals generated by the body while under stress is well documented. Amla has a significant potassium content in addition to antioxidants. **Saini et al. (2015)** offer this information. If patient has any blood pressure related problem, then potassium can be regulated it. It reduces the higher chance of cardiovascular disease **Bhandari PR (2012)**. On this stage the intake of amla juice or amla pulp-based food product can be beneficial. As we know amla fruit has high antioxidant properties which is useful to avoid damage of brain cells and it also enhance our memory. This could be the reason that Amla is really very magical fruit which is common in India. It is also making some positive effects dementia. The curry tree, a distinctive citrus tree found only in

Sri Lanka and parts of India, is now almost universally linked to Indian food. **Kamdodet al. (2012)**. Curry leaves, which are a member of the citrus family, have a pungent taste akin to lemongrass. Curry leaves, when used as an herb, add a deep depth of taste to any meal and have a far more delicate flavour than curry powder. Curry leaves are used in cooking to enhance other aromas and give Indian food its aromatic, strong flavour. Curry leaves are also known as sweet neem leaves because of their mildly sweet flavour. Curry leaves are used in Asian cuisine as a flavourful herb, but they also offer a variety of health benefits. In ayurvedic medicine, they are often administered. Amla is a vitamin C enriched anti-oxidant fruit offers a promising approach for the promotion of health by mean of reducing immunity of human body. Curry leaves are full of anti-oxidants which is better for absorption of iron and folic acid also reduce the risk of cancer, heart disease and helps in management of diabetes, **Rakhee Maloo (2014)**. The objective of this study is to prepare amla-curry sauce that can be a good serving option during the consumption of fast food. **Which is made up of using herbs like cardamom ginger clove which provides you protection from viruses and bacterial infections.** It will provide help to maintain naturality with the avoidance of chemical-based sauces.

2. MATERIALS AND METHODS

2.1 Sample collection and preparation

Fully matured amla fruit having green colour of specific variety were taken for preparation, analysis purpose and for good physical characters. Picked the fresh amla from our local market Rajani Khand, south city, Lucknow. **Medium size of fresh Amla berries with the volume of approx 10 to 15grams each berry was selected in the total amount of 400 grams.** Thereafter ground in a mixer and filtered through a muslin cloth to obtain the pulp and then taken the fresh green curry leaf and boiled it **on 280°C for 20 min for** making puree. Amla pulp and curry leaf puree were mixed together as a paste for cooking with a specific standard measurement.

2.2 Evaluation of varieties for preparation of sauce and puree

Different recipes of sauce as given by **Bhattet al. (2002)**, **Aryaet al. (2004)**, **Sukulet al. (2001)**, **Singhet al. (2006)**, **Siddappa et al. (2008)** were evaluated organoleptically through hedonic rating test scale. The amount of sugar salt and spices and vinegar were kept constant. The recipe which scored maximum was selected to prepare sauce for this study.

2.3. Extraction of pulp

For the preparation of amla-curry sauce and puree, pulp was extracted manually with the help of mixer-grinder. Fruits were washed in running water to remove the dirt and dust and then boiled it properly and then ground in a mixer-grinder and obtained ground material was filtered through a single layer of muslin cloth to obtain the pulp. Sauce and puree were prepared from amla & curry.

2.4 Preparation of sauce and puree

Sauce was prepared by mixing 400g of pulp with calculated amount of sugar, salt, vinegar and spices. Firstly, grind amla & curry pulp together, cooking pulp with one third quantity of sugar, putting butter on the pan and mix all the spices properly also adding the vinegar / acetic acid as preservatives and cooking about 88° C.

Amla curry sauce processing*

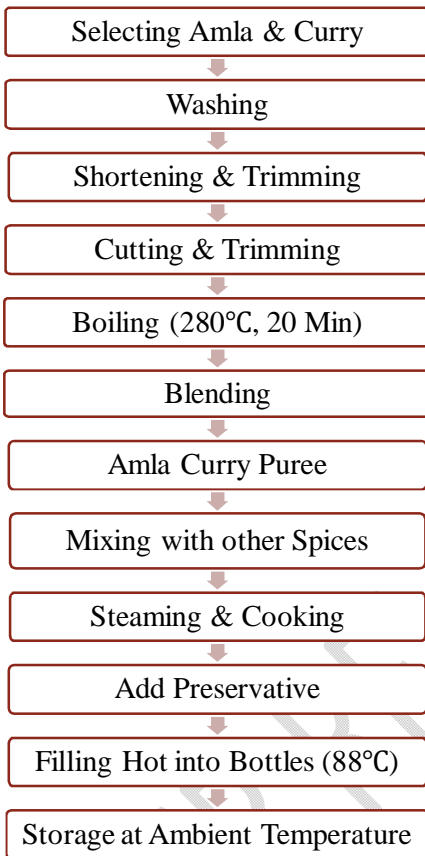


Fig.1.Flow chart for preparation of Amla Sauce

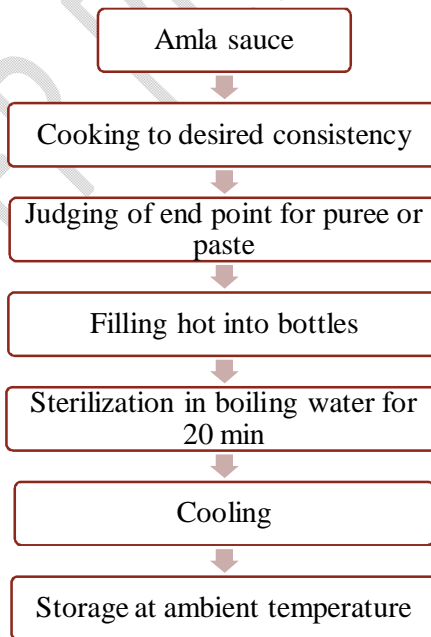


Fig.2. Flow chart for preparation of amla sauce puree

2.5 Variation of ingredients composition

Ingredients	control (g)	T1(g)	T2(g)	T3(g)	T4(g)	T5(g)
Amla	400g	350g	300g	250g	345g	380g
Curry	200g	250g	300g	350g	150g	180g
Butter	50g	45g	45g	40g	50g	50g

Table 1. List of variation

2.6 Descriptive sensory evaluation

2.6.1 Selection of panel members

Analytical separation method was used to select the panelists and a descriptive hedonic scale was used to rate the amla-base sauce. Hedonic scale test was selected by the department of food science & technology of university. 40 people were selected, all students and staff of the Department of Food and Nutrition, Babasaheb Bhimrao Ambedkar University Lucknow. As a panelist, participating in the descriptive sense analysis, the panelist also decided on the words underlying the descriptive terms and standards to be used. Before the participate it was mandatory to wash your mouth, do not eat anything, drink mineral water which should be in room temperature for better experiences. Attributes describing appearance, color, flavor, taste, smell, texture, mouthfeel. The panelists took the hedonic test seriously and gave their possible verdicts.

2.6.2 Sample presentation

Sensory panelists were significantly checked the sample. The training experience was overall satisfying. Panel members gave their valuable feedback according to their taste buds there were no session effect on the result for sauce sample. The vitamin c enriched amla-curry sauce was prepared in department of food & nutrition. About 10g of sauce was served. The temperature of the sauce at the time of evaluation was about 37°C. Panelist were asked to eat at least one spoonful of sample. We also mentioned to give all possible suggestions that we can enhance the nutritive value of amla-curry sauce. We provided a score card and a feedback section to every panelist which helped to improve our study.

3. RESULT AND DISCUSSION

The ANOVA result described that there were no any session effects of analysis of sauce, it included the standardization of the selected amla curry sauce which was simplified by the panel members as its statistical analysis.

3.2 Sensory analysis

Sensory evaluation is a procedure where we can examine a particular food product by using our senses to perceive a product by evaluate its characteristics and values. So, we chosen the hedonic scale test & organize sessions for the testing. We used 10g of sample for each panelist to perceive

it's all characteristic. The hedonic test results showed that all forty panelists distinguished amla sauce by its appearance, taste and mouth-feel than by the aroma, smell&flavor.

Table 2: Sensory analysis and evaluation

S.NO	PARAMETERS	RATING
1	Appearance/Color	8.4
2	Taste/Flavor	9
3	Smell/Odor	8.5
4	Texture/Mouthfeel	7.4

The hedonic scale displays how much people generally like or dislike something, such as a product they tasted or an idea they saw. A product that achieves the score might be utilized safely as an excellent instance of the goal quality since a mean liking score of 7 or higher on a nine-point scale is often indicative of very acceptable sensory quality. Based on this, a product from a study set may be chosen to serve as a tangible example of the sensory quality that accurately depicts the consumer's acceptable boundaries.

3.2 Sensory chart

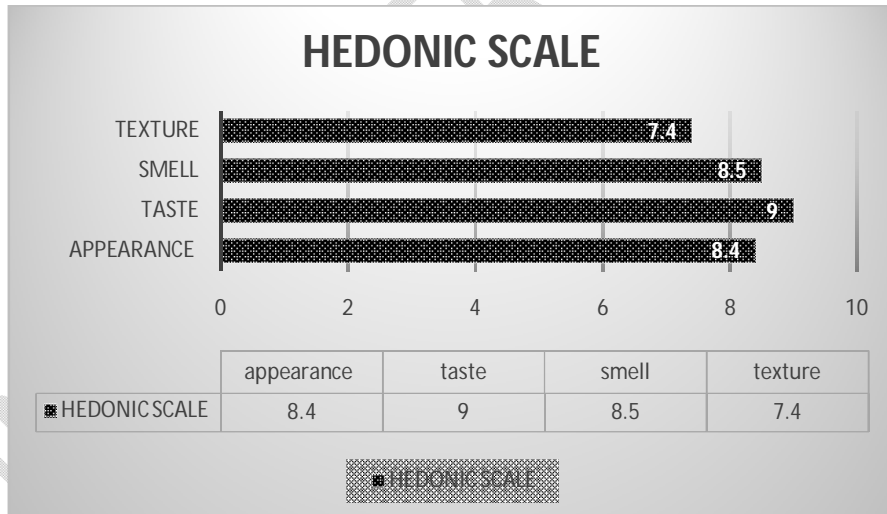


Fig.3. Graphical representation of hedonic scale

The appearance of the particular sauces was really impressive panelist gave their fine review on it as they said the color of the sauce was pretty light it could be little darker as curry leave content and amla was in right ratio. After that they talked about flavor and taste, it was the best thing that they liked very much. The ratio of clove, cardamom & ginger was 5:10:20 but it was very easy to recognize the clear taste of clove was very high. Then they came upon the smell and it was smelling like natural ayurvedic herbal product where is clear avoidance of any chemical supplement. Texture and mouth feel was not so smooth the fiber content of the amla made the texture little rough but overall acceptability was up to the mark.

3.3 Consumer preference

The consumer preference score indicated that the controlled variability accounted for 82% of the total variation in the amla sauce consumer preference data. According to the reviews, the ratio of amla to curry should be 10:5 and 1/4 of the spice mix is our best combination. Green color, burnt aroma and burnt aftertaste were significantly correlated with preference and were therefore considered to be the most important sensory determinants for liking amla-curry sauce.

4. Conclusion

Panel members clearly appreciated all the effort for executing whole idea. Vitamin c enriched amla-curry sauce was the best naturally prepared stuff which we can use with our spicy snacks and another type of street food like noodles, burgers, Momo, which we eat with highly chemical sauces. So, all selected panelists gave their valuable feedback by its appearance, taste, mouth feel than by the aroma and color. We took two-three variations of ingredients and the standard variation selected by the selectors which is used to make this sauce. Our approach of making this sauce work extremely good and it is very helpful as an immunity booster stuff which is approved by the School of Home Science Department of Food and Nutrition. With low fat & less calories it can be use in good habits for cardiac patients.

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