

SILI-KAMIAS SORBETES

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INTRODUCTION

Sorbetes or Ice Cream is the one of the well-known desserts all around the world most especially in tropical countries like the Philippines. It is available anywhere and comes from a variety of flavour.

Sorbetes is the traditional version of ice cream made in the Philippines. It is similarly named sorbet and often called "dirty ice cream". Sorbets is usually served in small wafer or bread buns and it is uniquely made from coconut milk or ordinary milk.

Ice cream was introduced in the Philippines during America Occupation when refrigerators and other cooling devices were introduced. While the American ice cream was made with cow's milk. Using the milk of the carabao resulted in the cheaper product which is known as "sorbetes". Coconut milk and cassava flour are two other ingredients used to make sorbets distinct from ice cream made in other countries. Flavour

are varied from the usual natural fruits and plants such as mango, ube,avocado, etc.

Siling labuyo is a small chilli pepper cultivar that developed in the Philippines after the Columbian Exchange. It belongs to the spices capsicum frutescent and is characterized by triangular fruits which grow pointing upwards. The fruits and leaves are used is traditional Philippines Cuisine. The fruit is a pungent ranking from 80,000 to 100,000 heat units in the Scoville Scale. It is something known as a Filipino bird's eye to differentiate it from the Thai bird's eye chili.

Siling labuyo is an excellent source of Vitamin A and C, it also contains iron, folate, magnesium, fiber, and riboflavin. The pepper also provides capsaicin, which is a chemical compound that triggers the brain to feel spice or heat and has been shown to have anti-inflammatory properties.

STATEMENT OF THE PROBLEM

This study is conducted to developed and prepared Ice Cream using Sunflower Seed Ice Cream.

Specifically, it sought to answer the following sub problems:

1. What are the tools, utensils, ingredients, and procedures, in the preparation of the Sunflower Seed Ice Cream?
2. How do costumer and expert group of respondents evaluate the level of acceptability of Sunflower Seed Ice Cream in terms of:
 - 2.1 Appearance;
 - 2.2 Aroma;
 - 2.3 Flavor; and
 - 2.4 Overrun?

METHODOLOGY

RESEARCH METHOD USED

The study used the descriptive method of research to gather information about the present existing condition through documentary analysis which included research materials from books and internet, website and other source of data about ice cream and sunflower seeds. The researcher used the sampling procedure and survey questionnaire to gather data as part of statistical practice intended to

yield knowledge about population of concern.

RESPONDENTS OF THE STUDY

This study made used a simple random sampling to select the respondents. Simple Random is based on randomly selecting the respondents as samples from the population in such a way that every set of respondents has equal choice of probability of being selected of there.

There were thirty(30) respondents in the study which were composed of twenty(20) consumers HRM, TLE and technology Faculty, and individuals age ranging from 18 to 35 years old and ten(10) experts.

The following are the demographic profile of the respondents in terms of sex, age, civil status and educational attainment

TABLE 1

Frequency and Percentage Distribution of respondents		
Respondent	Population	Percetange
Expert	10	33.33
Consumer	20	66.67
Total	30	100

As shown in Table 1, there were twenty or 66.67 percent consumer respondent and ten or 33.33 percent expert respondents.

TABLE 2

**Distribution of the Respondents
According to Sex**

SEX	Expert		Consumer		Overall	
	F	%	f	%	F	%
Male	5	50	9	45	14	46.67
Female	5	50	11	55	16	53.33
Total	10	100	20	100	30	100

Table 2 present the frequency distribution of the respondents according to sex

As shown in the table, there were five or 50 percent male expert respondent and 5 or 50 percent female expert respondent.

On the other hand, there were eleven or 55 percent female consumer respondents and nine or 45 percent male.

Generally, there are 14 or 46.67 percent male respondent and 16 or 53.33 percent female respondents.

Such as finding may attribute to the fact that there is an equal number of respondents.

Table 3

**Distribution of the Respondents
According to Age**

AGE	Expert		Consumer		Overall	
	F	%	f	%	F	%
21-25	6	60	7	35	13	43.33

26-30	1	10	2	10	3	10
31-above	3	30	11	55	14	46.67
Total	10	100	20	100	30	100

Table 3 shows that one on 20 percent expert respondents belong to age range of 26 to 30 years old, six or 60 percent are belonging to the age range of 21-25 years old, and three or 30 percent is 31 years old above.

As to consumer respondents, there were two or 10 percent were 26 to 30 years old, seven or 35 percent are 21-25 years old, eleven or 55 percent is 31 years old and above.

Generally, there are 13 or 43.33 percent respondents belong to the age range of 21-25 years old; 3 or 10 percent of the respondents belong to the range of 26-30 years old; and 14 or 46.67 percent of the respondents are in the range of 31 years old and above.

Table 4

**Distribution of the Respondents
According to Civil Status**

Civil Status	Expert		Consumer		Overall	
	F	%	f	%	F	%
Single	6	60	10	50	16	53.33
Married	4	40	7	35	11	36.67
Widowed	-		2	10	2	6.67
Separated	-		1	5	1	3.33
Total	10	100	20	100	30	100

As shown in Table 4, onle 6 or 60 percent single expert respondent and 4 or 40 percent of the expert respondents are married.

On the other hand, there were ten or 50 percent single constumer respondents, seven or 35 percent separated consumer respondents, ten or 10 percent widowed, and one or 5 percent separated consumer respondent.

Summarily, there were 16 or 53.33 percent single respondents, 11 or 36.67 percent are married, 2 or 6.67 percent are widowed, and 1 or 3.33 is separated.

This shows that majority of the respondents are single.

Table 5
Distribution of the Respondents
According to Educational
Attainment

Educational Attainment	Expert		Consumer		Overall	
	F	%	f	%	F	%
Bachelor's Degree	7	70	8	40	15	50
Master's Degree	-	-	-	--	-	--
With Doctoral Degree Units	-	-	-	--	-	--
Technical Vocational	-	-	5	25	5	16.67
K12	-	-	3	15	3	10

High School	3	30	4	20	7	23.33
Elementary	-	-	-	--	-	--
Total	10	100	20	100	30	100

It could be gleaned in Table 5 that is only seven or 70 percent of expert respondent have their bachelor's degree and 3 or 30 percent earned their high school diploma.

As to consumer respondents, there were eight or 40 percent who had their bachelor's degree, five 25 percent are technical vocational holders, three or 15 percent finished k-12, and four or 20 percent earned their high school diploma.

In general, there are 15 or 50 percent bachelor's degree, 5 or 16.67 percent are technical vocational holders, 3 or 10 percent who finished k-12, and 7 or 23.33 percent earned their high school diploma.

CONCLUSIONS

Based on the findings of the study, the following are the conclusion

1. Sunflower seed can be used as the main ingredients in the preparation and development or ice cream.
2. Sunflower Seed Ice Cream was highly acceptable to the expert and consumer

respondents in terms of its appearance, aroma, Flavor, and texture.

3. The consumer and expert respondents does not perceive different evaluation on the variables presented under the level of acceptability of Sunflower Seed Ice Cream in terms of its appearance, aroma, flavor, and texture.
4. Sunflower Seed Ice Cream is rich in importance Vitamins and Minerals.

RECOMMENDATION

Based on the findings and conclusion of the study, it is recommended that:

1. Sunflower Seed Ice Cream has to undergo further experiment, research and development to improve its quality specially the texture (overrun).
2. Proper packaging and chilling temperature must be observed to avoid crystallization of the product.
3. Use ice cream maker or big whisk to further enhance its texture.
4. The results of the study should be taken as reference for future related study.