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DEVELOPMENT OF CASSAVA CAKE WITH CARROT JAM

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Abstract: Cassava is a calorie-rich vegetable that contains plenty of carbohydrates and key vitamins and minerals. It may boost a person's gut health by helping nurture beneficial gut bacteria, helps to reduce inflammation and promote digestive health and helps to reduce inflammation and promote digestive health. It also improves metabolic health, reduce the risk of obesity and type 2 diabetes and improve blood sugar management. The aim of this study was to investigate the potential of two types of food: the first one is cassava cake to reduce the gluten percentage in cake and second one is carrot jam to increase the nutrition value of jam by using vegetable (carrot pulp 65%, sugar 35%) Initially the cassava was dried in dehydrator for 4 hours at 600⁰C (1400F) and was ground into flour. Then three trials with control were carried out to find out the best combination of composite flour mixture. Three levels 100%, 80%, and 60% of cassava flour was incorporated with cake and 0% control. Each cake was filled with carrot jam layer. Appearance, Aroma, Color, Taste, Softness, and Sweetness were evaluated as sensory attributes using 5 points hedonic scales by untrained panel of 50 members. After carrying out the sensory evaluation on four treatments 80% cassava flour cake with carrot jam was selected as the most preferred sample. For the selected sample proximate analysis, moisture content, ash content, fat content, protein and brix were evaluated. Moisture 10.90%, ash 1.53%, fat 19.97%, protein 5.28 and brix 69.83 was observed for the selected sample. At last, the cassava flour incorporated cake did not negatively affect the cake properties. Therefore, cassava flour incorporated cake can be recommended for consumption.

Keywords: Bakery product, Cake, Jam, Cassava, Carrot, Gluten.