

Sweet Coconut Chunks

New Coconut Meat Delicacy

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Coconut palm is a regular and consistent food supplier. Fresh coconut kernel is a complete food rich in calories, vitamins, minerals and fiber. Fresh kernel helps in the regulation of digestion and elimination in our body. It is also a powerful germ fighter.

The fresh coconut kernel of ripe coconut constitutes an essential ingredient in the recipes of diverse food preparations in the households as well as in the food industries. Fresh coconut kernel contains almost 50% moisture. It must be stored in the refrigerator or freezer to maintain freshness. The oil content of coconut kernel makes it an anti aging skin treatment miracle. Fresh kernel can be preserved for a long time if it is processed adequately. It

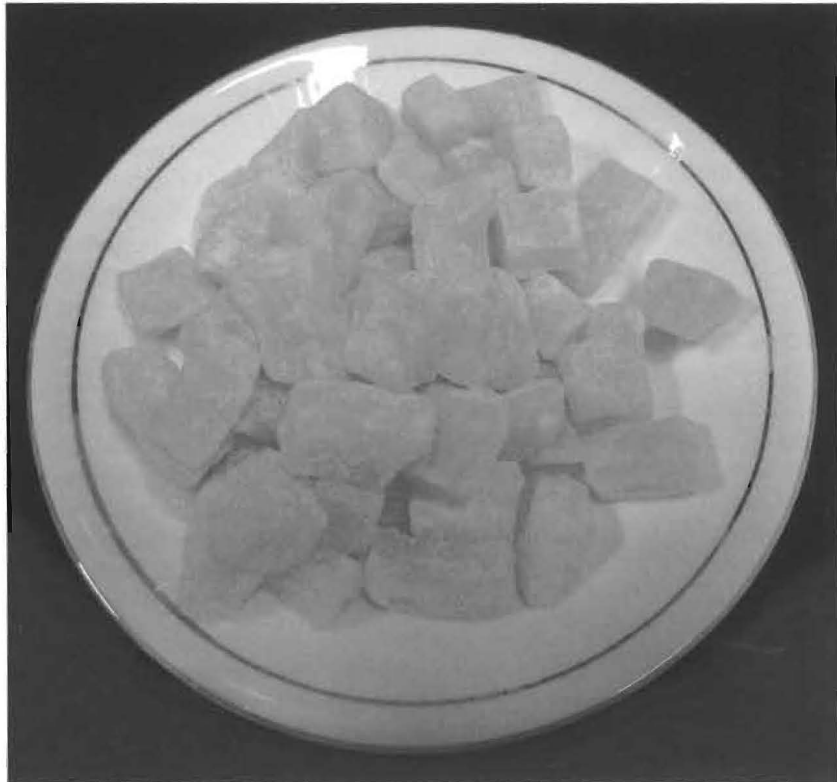


Table I: Nutritional value of fresh coconut kernel

Parameters	Value (%)
Moisture	45
Sugars	6.5
Protein	4
Fat	37
Total minerals	0.8
Dietary Fibre	9
Vitamins	Trace

Source: Coconut guide

can be dehydrated by using various osmotic media. The dehydrated coconut chunks using sugar is in ready to eat form and can be used as a snack.

Fruits and vegetables artificially dried by tray driers or vacuum driers are nutritious, but they lose the flavor and colour of the original

material. Freeze drying of fruits and vegetables results in good quality and long storage stability, but the cost of processing is very high. Hence, osmotic dehydration is applied for sliced coconut pieces by dipping them in sugar solution followed by hot air drying. This technology is utilized for producing sweet coconut chunks and it is accepted as a ready to eat snack for both children and adults.

Process for the production of Sweet Coconut Chunks

Fresh green coconuts of 10 months and above are used for

Table II: Conversion ratio from coconut Kernel to sweet coconut chunks

Weight with respect to Kernel				
Kernel	Testa	White Kernel	Slices after Osmotic Dehydration	Coconut Chunks
852 g	102 g (11.9%)	750 g (88%)	683g (80.1%)	650 g (76.2%)

Table III: Cost analysis

Capital Expenditure	
Cost of hot air oven dryer (50 – 100 nuts)	Rs. 2.5 lakhs
Cost of tools and equipments/vessels	Rs. 60,000/-
For processing 100 nuts	
Cost of coconuts@ Rs.15 per nut	Rs.1500/-
Cost of ingredients	Rs.1100/-
Labour requirement	3 Nos.
Fuel cost	Rs. 300/-
Packaging material cost (100 packets of 200 g)	Rs. 250
Yield of coconut chunks from 100 nuts (~25kg kernel)	~ 18.75 Kg

this process. The steps involved in the production are dehusking, deshelling, removal of testa, washing in fresh water followed by hot water. The coconut meat is then sliced into irregular pieces of approximate one inch size. The slices are then blanched in boiled water containing potassium meta bi sulphite (KMS). Pretreatment using dilute Calcium hydroxide solution followed by alum solution is done for giving firmness to the meat. The slices are drained and washed well under running water.

Immerse the coconut slices in sugar syrup of 50° Brix. On the next day, the mixture is boiled by adding citric acid for about 10 minutes. The process is repeated at different

Brix levels for 5 consecutive days until the sugar solution attains 80° Brix. Drain the thick sugar solution over a wire mesh. The osmotically dehydrated coconut meat slices are then dried in low temperature (50° C) using a hot air dryer. To avoid stickiness, a thin powdered-sugar coating is applied. Flavours like vanilla and rose water are suitable for this product. Conversion ratio from deshelled coconut to sweet coconut chunks is given in Table II.

Packaging of sweet coconut chunks

Sweet coconut chunks are hygroscopic in nature. It will absorb moisture if the relative humidity level exceeds 70 – 75%. Occurrence

Table IV: Nutritional Values of Sweet coconut chunks

Parameters	Value (%)
Moisture	4.2
Carbohydrate	64.14
Protein	2.8
Fat	24.5
Total minerals	0.38
Dietary Fibre	15.85
Crude fibre	2.87
<i>Data generated at QTL, CIT</i>	

of humidity level above 70% is a common phenomenon and it will affect the physical, chemical and biological quality parameters of the product. Therefore selection of high moisture barrier packing materials preferably triple laminations are suitable. The sweet coconut chunk is in the ready to eat form. It is chewy and candy like and is similar to the traditional Indian sweet Agra petha prepared from cucumber.

Technical know how

Technical knowhow of coconut chunks is available from Coconut Development Board Institute of Technology, Keenpuram, South Vazhakulam P.O, Aluva-680 105. Ph:0484 2679680. ■

Use Coconut Oil Daily

Coconut oil is the new hot trend these days for all the right reasons—it's super easy to incorporate into your meals or use on your skin and does wonders for the body. There are endless benefits to incorporating coconut oil into your daily routine, so here are a few top reasons to start using it as soon as possible!

Relieves Stress: Applying and massaging coconut oil to the head helps eliminate stress and even ailments as simple as a headache.

Burns Fat and Increases Energy: Coconut oil is made up of medium-chain fatty acids that work in favor of weight loss. It also eliminates the desire to eat, which can help you stay in shape. Incorporating coconut oil into your daily routine also speeds up your metabolism

by decreasing the stress on your pancreas, which then burns more energy and increases the rate of weight loss.

Takes Care of Your Skin: Coconut oil, with its inherent antioxidant properties, is already composed of key ingredients needed to make moisturizing lotion, along with other hygienic products such as soap and creams.

Increases Hair Growth: Coconut oil helps grow healthy hair at a faster rate than normal hair while also making your hair shiny.

Strengthens Your Immune System: Coconut oil contains lauric acid, capric acid, and antimicrobial lipids, which all have antifungal, antibacterial and antiviral properties.