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## RESEARCH ARTICLE

### Formation and Quality Acceptable Properties of Guava Cheese

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#### Abstract

Guava cheese is the chewable confectionery items containing sugar and butter as the, major ingredients. Cold pulping of the material is a more convenient and for better than hot pulping. Seeds are removed and make fine pulp. According to recipe the mixture heated up to 70°Brix. Then citric acid and salt solution were added and heated up to 77°Brix, then allowed to cool and set. The guava cheese was prepared in that the chemical analysis was carried out which contain good sources of vitamin C and minerals. And also found carbohydrates to be higher amount where as the fat content found to be lower. The prepared guava cheese has good texture, color and taste.

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#### Introduction

Guava (*Psidium guajava* L.) is now cultivated in all parts of India. The Guava is known by different names such as Amrud, Piyara, Peru, Koyya, Jamakaya, Seed Pandu etc.

Guava is one of the most important commercial fruit crops of India. The fruit is also called “The poor man’s fruit” or “Apple of the tropics”. It is a popular tree fruit of the tropical and subtropical climates. It excels most other fruit crops in productivity, hardness, adaptability and vitamin C content. To those fruit lovers who become the tropical and subtropical climates. It excels most other fruit crops in productivity, hardness, adaptability and vitamin C content. To those fruit lovers who become familiarized with its penetrating aroma. Guava is considered as one of the most delectable and fascinating fruits.

Guava is a seasonal fruit and is highly perishable with very short shelf life, which limits strategies selling. Under these conditions guava growers fail to get attractive returns and a lot of produce goes as waste. The purpose of post harvest processing of guava is to save the waste and sanding its nutritive value.

Fruit cheese is the chewable confectionery items containing sugar and butter or vegetable fat as the, major ingredients. Due to their taste and flavor, they enjoy wide popularity and acceptance among the children. This popularity especially among children could be put to proper use by increasing the nutritive value of cheese in terms of proteins, minerals and vitamins. Incorporation of fruit pulp in cheese contributes towards improving the vitamin and mineral content of the cheese. Additionally a variety of flavors can be obtained with fresh fruit pulp in cheese.

Cold pulping of the material is a more convenient and for better than hot pulping in several respect. The pulp imbedding the seeds and the seeds themselves are not as useful for the preparation of guava cheese as the peel and the main pulpy portion of the fruit.

Guava is usually eaten as a fresh fruit. However, large quantities are canned or made into jams, jellies, cheese and preserves. The fruit has pectin content and it therefore lends itself to many such preparations.

## Materials and Method

### Preparation of Guava Cheese

Fruit cheese is the chewable confectionery items containing sugar and butter or vegetable fat as the, major ingredients. Fresh guava were taken and washed followed by cutting into pieces by removing of seeds and make it into fine pulp. According to recipe sugar and ghee were added in pulp and heated up to 70°Brix. Then citric acid and salt solution were added and heated up to 77°Brix. It was then allowed to cool and set. The prepared guava cheese was cut into cubes and packed in polythene sheets. Shelf life of Guava Cheese is higher up to three- six months at room temperature.

## Result and Discussion

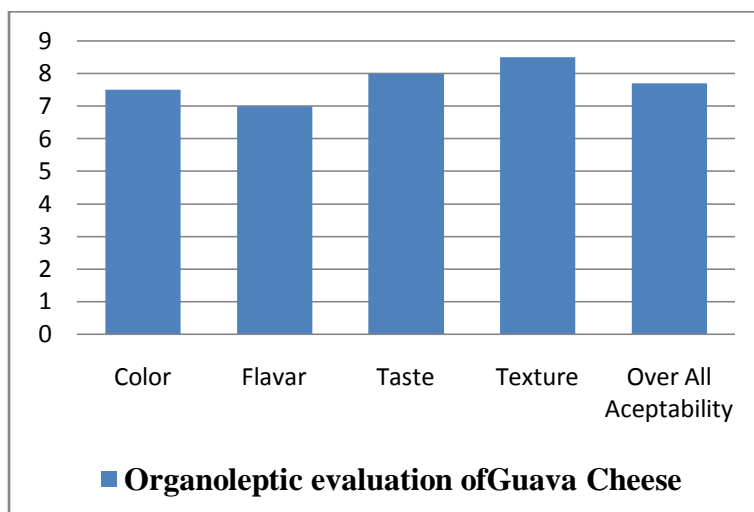
### Formulation Table

Ingredients	Quantity
Sugar	100 gm
Guava pulp	125 gm
Ghee	7 gm
Citric acid	0.3 gm
Salt	0.2 gm

### Sensory evaluation of guava cheese.

Characteristics Treatment	Average rating
Color	7.5
Flavor	7
Taste	8
Texture	8.5
Overall acceptability	7.7

### Graphical Representation of Guava Cheese.

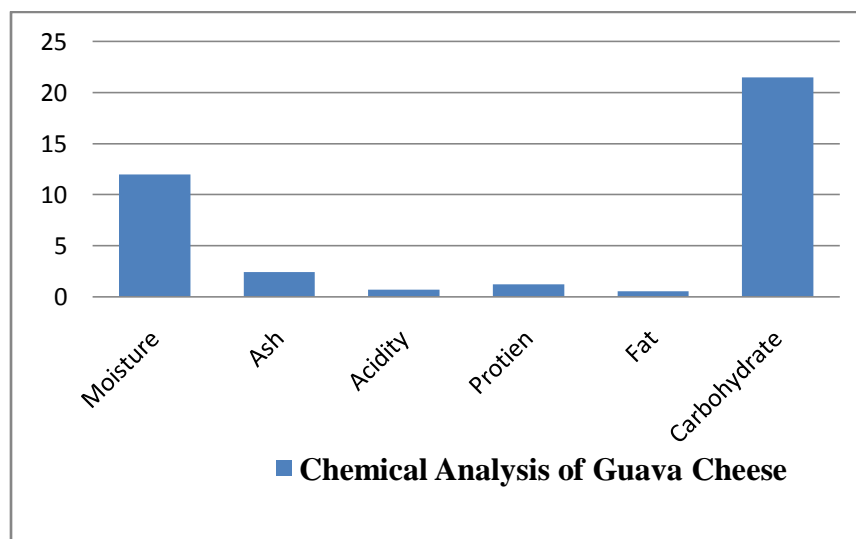


The data present in the table indicate that the average rating for color, flavor, taste and texture were found to us 8, 8, 8 and 8.5 respectively. It shows that the overall acceptability of the prepared guava cheese was 8.1.

### Chemical Composition of prepared guava cheese

Nutrients	Prepared guava cheese (%)
Moisture	12
Ash	2.46
Acidity (vitamin .c)	0.70
Protein	1.2
Fat	0.5
Carbohydrate	21.5

### Graphical Representation of Guava Cheese.



It can be concluded that the prepared guava cheese is to be nutritionally valuable due to the large amount of minerals and vitamin C present in the fruit itself. So it has high nutritional value it is majorly accepted by the consumer.





## Conclusion

The present investigation clearly indicates that good quality cheese can be prepared using fleshy guava varieties. Such varieties are abundantly available in tropical countries throughout the year

Moreover, such fruits are the most susceptible for spoilage and hence fruit cheese preparation provides a good use for it.

The cheese was prepared by using the guava. The prepared guava cheese has good texture, color and taste. In the prepared guava cheese the carbohydrates were found to be higher where as the fat content found to be lower.

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