

DEVELOPMENT AND CHARACTERIZATION OF VERALU (*Elaeocarpus serratus*) RIPPLE ICE CREAM

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Ice cream is a frozen dairy product made by suitable blending of various milk products, sugars, flavors, stabilizers, emulsifiers and colors followed by pasteurization, cooling and freezing. As flavorings, different fruit juices and sauces can be used in the ice cream production. Veralu (*Elaeocarpus serratus*) is an underutilized fruit tree which is indigenous to Sri Lanka. It is a very nutritious fruit with a high content of vitamin C, with other medicinal properties. The present research was executed to find out whether, a dessert which is rich in both medicinal and nutritional values can be produced by incorporating Veralu pulp into ice cream.

Trial and error method was carried out to determine the three recipes for sauce production. The predetermined three treatments (Treatment 1- Sugar 40%, Veralu pulp 25%; Treatment 2 - Sugar 35%, Veralu pulp 30%; Treatment 3 - Sugar 35%, Veralu pulp 35%) were rippled with soft Vanilla flavoured ice cream. Both three treatments and their rippled ice cream products were analyzed for the physical, chemical and microbial qualities. The sensory evaluation was carried out with 15 well trained panelists with five point hedonic scales and the results were analyzed by Friedman test.

The ice cream which rippled with treatment 2 sauce was selected as the best from sensory evaluation. The particular ice cream and its rippled sauce (treatment 2) were analyzed for their shelf life. According to the results, it was confirmed that three ice cream products were in pair with to the Sri Lankan Standards. The analysis shows that the selected ice cream and sauce from the sensory evaluation can be stored for 1 ½ months in a freezer (-18 °C). Finally, it can be concluded that the sauce which contains 35% sugar and 30% Veralu can be successfully incorporated to produce Veralu ripple ice cream.

Key words: Ice cream, Veralu (*Elaeocarpus serratus*), Ripple, Sauce