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<https://minerva.ipcb.pt/handle/123456789/3265>

Metadados

Data de Publicação	2017
Resumo	Portugal produces more than 15 thousand tonnes of cherries per year mainly in the region of “Beira Interior”. Cherries are a very appreciated fruit to consumers, for their taste and colour attribute, as well as for their nutrition and health properties. One problem of this fruit is associated with their seasonality, as this fruit is available only in a short period of time. Thus, it is important to develop a processed product that increases their shelf-life and keeps the nutritional properties o...
Editor	IPCB. ESA
Palavras Chave	Sweet cherry, Ranking test, Honey, Candied cherry
Tipo	report
Revisão de Pares	Não
Coleções	ESACB - Engenharia Biológica e Alimentar

Esta página foi gerada automaticamente em 2024-04-28T00:27:52Z com informação proveniente do Repositório



Instituto Politécnico
de Castelo Branco
Escola Superior
Agrária

Development and quality evaluation of candied cherries with honey

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Engenharia Biológica e Alimentar

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Relatório de Estágio apresentado à Escola Superior Agrária do Instituto Politécnico de Castelo Branco para cumprimento dos requisitos necessários à obtenção do grau de Licenciatura em Engenharia Biológica Alimentar realizada sob a orientação científica da Professora Adjunta Maria de Fátima Pratas Peres e Professora Maria Teresa Coelho, do Instituto Politécnico de Castelo Branco.

Maio 2017

Abstract

Portugal produces more than 15 thousand tonnes of cherries per year mainly in the region of “Beira Interior”. Cherries are a very appreciated fruit to consumers, for their taste and colour attribute, as well as for their nutrition and health properties. One problem of this fruit is associated with their seasonality, as this fruit is available only in a short period of time. Thus, it is important to develop a processed product that increases their shelf-life and keeps the nutritional properties of fresh cherry, allowing their commercialization worldwide throughout the year.

The present project intends to develop a new processed product – candied cherry with heather (*Erica spp.*) honey.

To accomplish the goal the study was conducted in 2 parts: during Part 1, six recipes for candied cherries with sugar were performed based on literature. The samples were ranked by visual preference. In Part 2 of the study, the best recipe from Part 1 was repeated with different proportions of ingredients. A ranking test was performed to choose the preferred recipe. During the trials, TTS of cherry syrup was checked in order to control the process. The changes of colour were monitored and pH and water activity (A_w) of the final product were also evaluated.

Keywords: sweet cherry; candied cherry; honey; ranking test

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