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Development and quality evaluation of candied cherries with honey

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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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