

Jack Fruit (*Artocarpus heterophyllus*) Flavoured Whey Ice Cream

Jayawardana NWIA¹, Athukorala PANS¹, Adikari AMJB¹ and Udayathilaka KE²

¹ *Department of Agricultural Systems, Faculty of Agriculture, Rajarata University of Sri Lanka, Anuradhapura*

² *MILCO Private Ltd., Digana*

Abstract

It is noteworthy to discover different flavours for ice cream as it is one of the most competitive products in the market. The present study was done with the objective of developing a jack fruit flavoured whey ice-cream; to utilize a nutritious byproduct of an underutilized fruit. Preliminary investigations were conducted to determine the suitable levels of ingredients to produce whey ice-cream. The best recipe was selected based on the results of a sensory evaluation. Jack fruit pulp was incorporated at the levels of 5%, 10%, 15%, and 20% by weight of whey ice-cream. Organoleptic quality of the above treatments was determined through a sensory evaluation. Results were analyzed by Friedman test using MINITAB software. For the best treatment, shelf life studies were conducted for two months, stored at -18° C. Results revealed that, there was a significant difference ($p < 0.05$) among samples for appearance, flavour and texture. The total solid, acidity and fat content did not changed throughout the storage period of two months. It can be concluded that, 10% jack fruit pulp incorporated sample was the best and the product could be effectively stored under -18 °C for two months period without any quality deterioration.

Keywords: jackfruit, whey ice cream