



CHERRY COMPOT WITH STEVIA EXTRACT

Orazbayev A.O. / Оразбаев А. О.

Master Student

South Kazakhstan State University M. Auezov, Shymkent, Kazakhstan

Serikuly Zh. / Серикұлы Жандос

PhD, Associate Professor

South Kazakhstan State University M. Auezov, Shymkent, Kazakhstan

Kumisbekov S.A. / Кумисбеков С.А.

Ph.D., professor

SKSU them. M. Auezo South Kazakhstan State University M. Auezov v, Shymkent, Kazakhstan

Annotation

The article discusses the production technology of compotes. A distinctive feature of this technology is the use of the plant extract production mode developed on the basis of maximum simplicity and manufacturability, allowing to obtain compotes with high organoleptic (taste and aroma) and physico-chemical parameters. Given the commodity evaluation of samples obtained compotes. The aromatic features of functional drinks are investigated. The resulting drinks have a high biological value and consumer qualities.

Keywords: compote, cherry compote, stevia extract, compote production technology

Introduction

Of particular interest is the development of formulations and technologies of canned food products from local sources of plant raw materials with sedative, anti-radiation, tonic and other properties that contain a guaranteed composition of valuable components (polyphenols, vitamins, pectin substances, carotene, etc.) [1].

In this regard, the problem of obtaining functional canned drinks with targeted properties, for example, capable of lowering the blood sugar level of a patient with diabetes and at the same time strengthening the immune system, stimulating insulin absorption, improving overall health, and participating in strengthening the cardiovascular system, becomes urgent and significant. in order to prevent complications [2].

As you know, people suffering from disorders of carbohydrate metabolism, including diabetes, lack the antioxidants in the body. In order to replenish it, the extract of stevia will be included in the composition of the functional drink.

From stone fruits in Kazakhstan, especially in South Kazakhstan, the most common are cherry. Cherry has a complex of valuable biological features that determine its advantage over other stone fruit crops: winter hardiness, adaptability, high potential productivity, fruits irreplaceable in biochemical composition. Cherry fruits also have healing properties [3].

The purpose of this work is the improvement of the production technology of cherry compote with the addition of stevia extract.

Main text

The quality of the cherry compote with stevia extract was determined by evaluating the organoleptic and physico-chemical parameters. Evaluation of the organoleptic characteristics of new compotes made from cherries with the use of natural sweetener of stevia extract was carried out by experts of the department



"Food Engineering". Evaluation of drinks was carried out on a 9-point system. The results of this assessment are presented in table 1.

Table 1.

Organoleptic Compote Indicators with Stevia Extract

Name of the indicator	Compote characteristic
Appearance and color	The berries are not boiled soft. not cracked, well preserved in shape, with a bone, dark red
1-3 points	2,8
Syrup quality	Transparent, without impurities
1-2	1,9
Taste	Pleasant, sweet, pronounced, characteristic cherries, with a slight aftertaste of stevia;
1-2 points	1,9
Aroma	Lightmedicinal, pleasant
1-2 баллов	1,9
Total amount of points. (up to 9)	8,6

In the process of studying the organoleptic indices of compote, it was revealed that they had a pleasant, sweet, well pronounced cherry taste, a pleasant and hormonal aroma of cherry and stevia, a beautiful rich cherry color.

Analyzing the data in Table 1, it can be noted that the tasting commission highly appreciated the organoleptic characteristics of the developed preventive drinks, which received a score of 8.6 on a 9-point scale.

The results of the study of the physico-chemical parameters of cherry compote with stevia extract, their nutritional value are shown in Table 2. The studies lead to the conclusion that the compotes have a low calorie content (58.25 kcal) and can be used in the usual diet as well. and as a dietary.

Low energy value due to the use of stevia, which, giving the drink sweetness, does not increase their calories. Compotes contain vitamin C in an amount that is optimal for compote (15mg / 100sm³). The presence of ascorbic acid in beverages contributes to the regulation of redox processes and strengthen the immune system of the body.

Analyzing the mineral composition of the compote, it should be noted that among the macronutrients in their composition potassium, sodium, magnesium and calcium prevail. The presence of both iron and phosphorus in drinks plays an important role in the activity of the cardiovascular system and contributes to a better absorption of vitamins by the body.

The content of pectic substances in beverages was 0.4 g / 100 cm³, i.e. covers 10% of the daily recommended dose (4g). Pecticsubstancesbindionsofheavymetals, andbringthemoutside.

Conclusion and conclusions.

In general, the content of mineral, pectic substances, natural vitamins has a positive effect on the human body. Compote with stevia extract has antioxidant properties, which is explained by their chemical composition (vitamins, minerals,

**Table 2****The chemical composition of cherry compote with stevia extract**

Name of the indicator	Stevia Extract Compote	Daily need
Energy value, kcal	58,25	2500
Dry substances, %	14,9	-
Proteins, %	0,2	75
Fat%	13,8	365
Carbohydrates, %	0,25	83
Ash%	0,1	-
Pectin substances, g / 100cm ³	0,4	4
Vitamin C, mg / 100 cm ³ .	15,0	60
B1	0,03	1,4
B2	0,05	1,7
PP	1,0	20
Macronutrients, mg / 100 cm³		
sodium	25,0	2400
potassium	321,2	3500
calcium	45,4	1000
magnesium	32,7	400
phosphorus	21,3	1000
Trace elements, mg / l		
iron mg / l	2,79	14

berries and stevia). The value of compote lies in the fact that there is not a single synthetic component in their composition, all components of natural plant origin that are harmoniously combined and complement each other, possess antioxidant properties that can slow down the aging process and improve metabolism, prevent diseases and strengthen the immune system. They contribute to the improvement of digestion, the activity of the cardiovascular system, improve the neuro-emotional state.

Literature

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