

ABSTRACT

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REOVEROS, SARAHLYN R. 2014. Mariners' Polytechnic
Colleges, Panganiban Drive, Naga City. "Development and
Preservation of Sweet and Sweet-Chili Kamias".

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The study determined the acceptability of the sweet and sweet-chili kamias along taste, aroma, appearance, and texture. Specifically, it answered the following questions: 1.) What is the process in making of sweet and sweet-chili kamias? 2.) What are the perceived benefits of kamias fruit? 3.) What is the preferred packaging of the sweet and sweet chili kamias?

This research used descriptive-experimental research design. Thirty respondents were randomly selected. Using the sensory evaluation tool, the respondents answered the questionnaire. The data gathered were analyzed and treated through frequency, percentages, weighted mean, and ranking.

The major findings were: 1.) The process followed is the following. 1. Wash thoroughly the kamias fruit. 2. Prepare the lime solution (1 liter of water to 1 tablespoon lime juice). 3. Soak overnight the kamias to lime solution 4. Wash the fruit 3 times to remove the lime solution. 5. Blanch the fruit for 3-5 minutes. 6. Prick the bottom part of the fruit to remove the extra juices. 7. Pre-heat the oven until it reaches the desire temperature (300°C, 250°C and 200°C) and place fruit in pan and arranged. 8. Prepare the sugar syrup by combining 1 cup water and 2 cups brown sugar; let it boil for 5 minutes until it thickens. 9. Simmer the oven-dried fruit for 5 minutes in prepared syrup (add chili powder for chili flavor). 10. Let it cool, transfer it in a clean container and soak it overnight. 11. In 2 consecutive days, add another 1 cup sugar to the syrup. 12. Drain the kamias and let it dry under the sun for 2-3 days. 13. Pack it in bottled or candy wrapper if you want. 2. Among the 30 respondents, relief for rheumatism ranked first with the frequency of 17; followed by treatment for relief of skin itches, 13; treatment for

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swelling of mumps and alternative remedy for insect and animal bites, 10; and the least perceived benefits was the treatment for beri-beri, 8. 3. The packaging most preferred by

respondents was bottle. Respondents said that it is more presentable. Candy wrapper followed with 10 respondents, plastic container with 7, and the least was box with 1 respondent. 4. For the sweet kamias, the highest indicator was taste with the highest mean of 3.66 interpreted as Highly Acceptable. The least was aroma with a mean of 3.20 interpreted as Moderately Acceptable. For the sweet-chili kamias, all indicators were rated Highly Acceptable with mean ranging from 3.36-3.53. The highest of which was taste at 3.53 and the least was aroma at 3.36.

The study concludes: 1. The sweet and sweet-chili kamias used sugar as a preservation agent to prolong its life span and by adding chili powder to give twist from ordinary kamias fruit. 2. The respondents have indigenous knowledge on the health benefits of kamias fruit. 3. The sweet and Sweet-Chili kamias can be presented in different packaging. However, bottled is the best packaging for the respondents. 4. For both the sweet and sweet-chili kamias, the respondents consistently accept favorably the taste and the least accepts the aroma. This shows that both kamias flavors were favored by the respondents.