

Research Title	Development of Thai Pandan Coconut Pudding Recipe by Adding Bamboo Leaf Juice
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Abstract

The objective of this study was to develop a recipe for Thai pandan coconut pudding by examining the physical, chemical, sensual, and nutritional qualities of the pudding. Three recipes of Thai coconut pudding were tested to determine the best recipe. To find the appropriate amount of bamboo juice to add, three proportions of pandan leaf to bamboo leaf juice were tested. These were 50:50, 25:70 and 0:100. The sensual quality of the pudding was tested by appearance, color, scent, taste, softness, and overall satisfaction. The testers consisted of 100 lecturers and students from the Home Economics Program at Suan Dusit School of Culinary Arts. The data was measured using a 9-point Hedonic scale and was analyzed with mean, standard deviation, ANOVA, and Duncan's new multiple range test.

It was found that the second recipe (with 25 parts pandan leaf juice and 70 parts bamboo leaf juice) had the highest score. Average scores for this recipe were 6.10, 5.66, 6.99, 7.10, and 7.22 respectively. In regards to the evaluation of nutritional quality, 100 grams of the second recipe pudding provided 142 kilocalories of energy, 1.32 grams of protein, 34.12 grams of carbohydrates, 0.08 gram of fat, 0.25 gram of fiber, 22 µg of beta-carotene, 443 µmoles TE of antioxidant substances, 64.33 grams of moistness, and 0.15 grams of cinders. The manufacturing cost was low. The recipe provided a new and positive way to make pudding by using local materials. The recipe benefitted greatly from this.

The results show that local vegetables such as bamboo leaves can be developed as an alternative ingredient in Thai dessert recipes. Bamboo leaves are highly nutritious and of low cost. The accepted (second) recipe can be applied in daily life. It can be used in the creation of desserts for school students and organizations as a healthy dessert.