



Apricot chutney – a variety of functional sweet-sour sauce

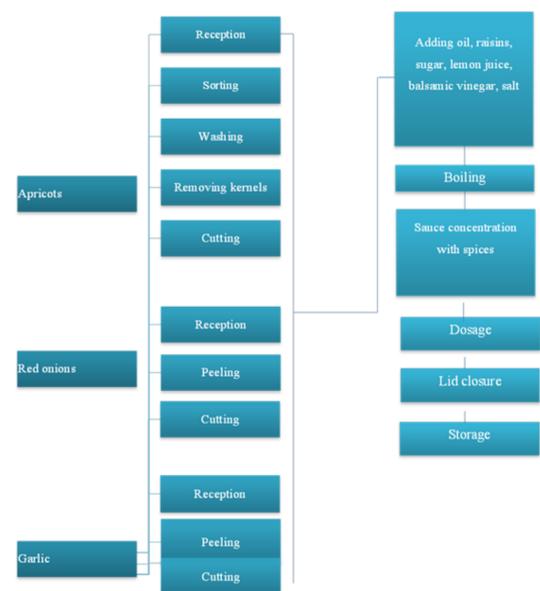
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Abstract

Apricots are fruits with an attractive color, typical flavor and valuable nutritional qualities, consumed as raw or sundried, in jams, marmalades, syrups, jellies or spiced sauces. They are an important food rich in provitamin A and ascorbic acid, which gradually increased throughout the ripening stages. Apricots, also, are a natural source of polyphenols, proteins, carbohydrates, minerals and fibers, which confer them important biological properties. Apricot chutney is an innovative product in the category of sweet-sour-spicy sauces, obtained from apricots, onion and natural powder spices. The aim of the study was to obtain and characterise from sensory, physico-chemical and nutritional point of view the sauce.

The product has a fine consistency, is aromatic and gives a special flavor to the food with which it is consumed, is rich in polyphenols (78.9±0.42mg GAE/100g) and has high antioxidant activity (86.52±0.24 mgTrolox/100g). Energy value was 182.65 cal/100g product and contains no preservatives or other synthetic food additives. These results recommend this product to be consumed with confidence.

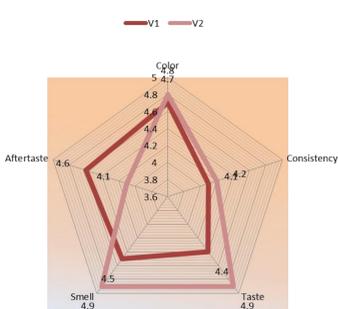
The aim of this work was to obtain a new product, a spicy sweet-sour sauce, in which the main ingredients are apricots, with additions, mainly of aromatic spices, and to characterize it from a sensory point of view, of some physico-chemical characters and nutritionally. Two versions of the sauce were obtained, the difference between the two being the main addition, respectively one to which onion was added, and to the the other one garlic, for the rest, the spices being identical. From a sensory point of view, the consistency, color, smell, taste and aftertaste were analyzed to see the degree of acceptability by consumers. Also, the polyphenol content and antioxidant capacity of the product were analyzed, compared to the raw material, and its nutritional value was calculated.



Technological scheme for obtaining apricot sauce

Polyphenol content and antioxidant capacity and energy values of raw apricots and the two sauce variants

Parameter	Raw apricots	Variant 1	Variant 2
Polyphenol content, mg gallic acid/g	52.35±0.14	78.9±0.42	79±0,12
Antioxidant activity (mg Trolox/g)	148.05 ±0.38	86.52±0.24	86,82±0,14
Energy value (cal)	52.35±0.14	78.9±0.42	79.4±0.22



Values of the sensory evaluation of apricot sauces using a 5-point hedonic scale

Regarding the sensory analysis of the apricot sauces, all the characteristics analyzed were well appreciated by the panelists, with averages above 4. The taste and smell of the V2 variant were the best scored, with averages of 4.9, probably due to the addition of garlic

Conclusions

The obtaining technology is simple and can be done at home. In the case of the obtained sauces, the content of polyphenols was higher in both variants compared to fresh fruit, and the antioxidant capacity was lower as a result of thermal processing, but important enough in terms of value to be recommended as an important source of antioxidants.

Regarding the sensory analysis of the apricot sauces, all the characteristics analyzed were well appreciated by the panelists, having a very good degree of acceptance for consumption. The calculated energy values of the sauces are relatively low, and can be consumed by any age group.