CHAPTER VI

RECOMMENDATIONS AND SUGGESTIONS

6.1 Recommendations

Based on results of this study the following recommendations are made

6.1.1 Candy

a) Of the six ber cultivars studied, Sanaur, Umran and Mehrun are recommended for the preparation of candy by slow method.

b) Considering the quality and nutritional attributes studied, the ber candy prepared using slow method increases its shelf life and overall acceptability is up to 240 days while to the candy prepared by quick method it is up to 120 days at room temperature storage.

c) Freeze storage of candy increases its shelf life than room temperature storage.

6.1.2 Ber preserve

a) Ber cultivar Gola is recommended for best ber preserve prepared using slow method and the cultivars Sanaur, Umran, Kadaka and Mehrun also produced fairly good preserve.

b) Considering the quality attributes and nutritional content, ber preserve prepared using slow method increases its shelf life and overall acceptability is up to 360 days while it was up to 120 days to the ber preserve prepared by quick method.

6.1.3 Jam

a) Large size fruited varieties with more pulp percent like Sanaur and Umran are recommended for the jam making.

b) Considering the ber jam quality and nutritional attributes jam making by pulping method is recommended than grating method and can be stored in acceptable conditions up to 240 days at room temperature.
c) Mixed fruit jam of ber prepared by pulping method mixing ber and papaya in equal proportion (50% + 50%) is recommended.

d) Considering the quality and nutritional attributes is found better than room temperature storage.

6.1.4 Dehydrated and Sundried ber

a) Considering the quality attributes, dehydration of ber at 45°C and 55°C temperature is recommended.

b) Varieties Gola, Sanaur and Umran are recommended for drying and dehydration of ber.

c) Sundrying of ber is also recommended than that of dehydration at 65°C temperature.

6.1.5 Canned ber

a) Though less consumer's preference was observed for canned ber compared to other ber products, ber canning is recommended considering the cost economics as alternative to other canned fruit products.

b) Ber varieties Umran, Mehrun and Sanaur followed by Gola and Kadaka are recommended for canning.

c) Considering the quality attributes and shelf life pricking of ber before canning is recommended.

Considering present study on ber processing at laboratory or home scale, it is recommended to undertake the production of ber products like candy, preserves, jam, mixed fruit jam, ber canning as well as dried and dehydrated ber on commercial basis by using the varieties like Sanaur, Umran, Gola, Kadaka and Mehrun as per their product suitability.
6.2 Suggestions

Certain aspects of ber processing are suggested for conducting future studies as they could not be studied within the limitations of present investigation.

a) Possibility of use of and evaluation of improved methods like vacuum concentration should be studied for higher retention of nutritional values and natural characteristics of ber preserves.

b) To reduce the leaching losses, steam blanching of ber fruits should be studied instead of water blanching.

c) Possibility of use of jaggary as alternative to sugar may be tried for economical preparation of ber preserve.

d) Various possible combinations of pectin, acid and sugar with ber extract may be tried to prepare perfect ber jelly.

e) Use of other fruits besides papaya should be tried for preparing mixed fruit jam.

f) Other cultivars of ber should be evaluated for preparation and standardization of various products.

g) Possibility of preparation of other processed ber products like ber powder (borkut), ber beverages and squashes, concentrates etc. may be explored.

h) Therapeutic role of live yeasts usually consumed with actively fermenting preserves and the effect of traces of their metabolitic products formed during fermentation must be looked into.

i) Use of attractive packing material like printed waxed cartons, polyethylene and plastic containers should be explored for various ber products.

j) Adverse/toxic effects, if any of the use of certain chemicals viz., sodium bisulphite and alum during blanching as well as sulphur fumigation given prior drying and dehydration and colours if any used and the toxic effect of dissolved copper, tin contents etc. in the finished products.