

Product Development of Standard Multi-Layer Sweet (Khanom- Chan) Recipe to Healthy for Thai Dessert

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Abstract : Aim of this research is to development of Standard Layer pudding (Khanom-Chan) recipe to healthy Thai dessert. The objective are to study about standard recipe in multi-layer sweet. It was found that the appropriate recipe in multi-layer sweet, was consisted of rice starch 56 grams, tapioca starch 172 grams, arrowroot flour 98 grams, mung been-flour 16 grams, coconut milk 774 grams, fine sugar 374 grams, pandan leaf juice 47 grams and oil 5 grams. Then the researcher studied about the ratio of rice-berries flour to rice starch in multi-layer sweet at level of 30:70, 50:50, and only rice-berry flour 100 percentage. Result sensory evaluation, it was found the ratio of rice-berry flour to rice starch 30:70 had well score. The result of multi-layer sweet with rice-berry flour reduced sugar 20, 40 and 60 percentage found that 20 percentage had well score. Calculated total calories and calories from fat in Sweet layer cake with rice-berry flour reduced sugar 20 percentage had 250.04 kcal and 65.16 kcal.

Keywords : multi-layer sweet (Khanom-Chan), rice-berry flour, leaf juice, desert

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