



## STUDY ON 3 INNOVATIVE INDIAN DESSERT RECIPES

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### ABSTRACT

Sweets are part of any Indian celebration or festivity of any kind. They are prepared in Indian households not only for special feasts and occasions, but also for simple celebrations like birthdays, anniversaries, graduations or even any other concocted reason. But keeping in mind the amount of calories the sweets have the researchers in the study tried to innovate three different sweets which are low in calories which will be very helpful for those on a restricted diet or for those who want to eat sweets but due to the medical problem cannot have .

**Keywords:** Concocted, Innovative, Desserts.

### INTRODUCTION

When it comes to Indian Cuisine one thing cannot be overlooked and that is our love for Sweets! Most Indians have a sweet tooth or a mouthful of them to say the least. It's not uncommon to see huge crowds at sweet stores across the Country. And with the variety and number of sweets available it's no wonder that it's such an important part of an Indian's lives.

One can get a beautiful scene of colourful sweets in any Indian sweet shop. Sweets are symbol of good gesture in India. Hence, sweets are first tasted when any new thing happens or if

important decisions are taken. In most countries sweets are the last course of a meal. In India though they are served with the rest of the meal and in some traditions especially during celebrations, people start eating a meal only after having had a bite of the sweet on the plate, to signify the celebration. Indian sweets are known as 'Mithai'. They rely heavily on sugar, milk and condensed milk and frying, however the bases of the sweets vary by region. They more intense and sweeter than western sweets and desserts and quite a bit



heavier since they're made mainly in Ghee which is clarified butter.<sup>1</sup>

Indian cuisine is known throughout the entire world as a sweet cuisine and this tag doesn't come along without some extremely solid arguments. How else would you call a country's cuisine if almost half its dishes are either sweets or desserts? Actually, Indian sweets have not only made Indian food famous throughout the world, but they have been acquired and accommodated to European and North American dishes, finding great success in fancy "Baltic" restaurants throughout England, France, the united states or Spain.<sup>2</sup>

South Asian sweets are the confectionery and desserts of South Asia. Thousands of dedicated shops in Bangladesh, India, Nepal, Pakistan and Sri Lanka sell nothing but sweets; however, outside of these countries, South Asian sweet shops are uncommon. Sugarcane has been grown in India for thousands of years, and the art of refining sugar was invented there.

The English word sugar comes from a Sanskrit word sakhar, while the word candy comes from Sanskrit word khand (jaggery) - one of the simplest raw forms of sweet. Over its long history, cuisines of the Indian Subcontinent developed a diversified array of sweets. Some claim there is no other region of the world where sweets are so varied, so numerous, or so invested with meaning as the Indian Subcontinent.

In India's diverse languages, sweets are called by numerous names, one common name being Mithai. They include sugar, and a vast array of ingredients such as different flours, milk, milk solids, fermented foods, root vegetables, raw and roasted seeds, seasonal fruits, fruit pastes and dry fruits. Some sweets such as kheer are cooked, some like barfi are baked, varieties like Mysore pak are roasted, some like jalebi are fried, and others like kulfi are frozen, while still others involve a creative combination of preparation techniques. The composition and



recipes of the sweets and other ingredients vary by region. Mithai are sometimes served with a meal, and often included as a form of greeting, celebration, religious offering, gift giving, parties, and hospitality in India. On Indian festivals - such as Holi, Diwali, Eid, or RakshaBhandan - sweets are homemade or purchased, then shared. Many social gatherings, wedding ceremonies and religious festivals often include a social celebration of food, and the flavors of sweets are an essential element of such a celebration.

The origin of sweets in Indian subcontinent has been traced to at least 500 BC, where records suggest both raw sugar (gur, bellam, and jaggery) as well as refined sugar (Sakkara) were being produced. By 300 BC, kingdom officials in India were including five kinds of sugar in official documents. By the Gupta dynasty era (300–500 AD), sugar was being made not only from sugar cane, but other plant sources such as palm. Sugar-based foods were also included in

temple offerings, as bhoga for the deities, which after the prayers became Prasad for devotees, the poor or visitors to the temple.<sup>3</sup>

### 1.1 Significance of study

In India sweets is important part of Indian culture and tradition like worship, wedding, etc. and people of Nagpur city mostly use sweet and dessert in feasts, celebration, occasion, etc. so the researchers wanted to invent 3 innovative recipes of the Indian sweets for the people of Nagpur city, so they have an opportunity to taste different flavour and sweet for celebration because sweet is a gift of god and it is a part of every Indian celebration.

### 1.2 Aim

- To create 3 innovative Indian Dessert recipes

### 1.3 Objectives

- To experiment 3 new Indian dessert recipes for the people of Nagpur city.
- To carry out the sensory evaluation of these desserts.
- To find out the acceptability of these new type of desserts amongst the panelist.



#### 1.4 Limitations

- Time, Energy, and Money, were the major constraints.
- Study was limited to Nagpur city only.
- Sample size was limited to 09 judges only.
- Study was limited to 3 Indian desserts only.

**Research Methodology:** The detailed methodology adopted for the study has been discussed below.

**Research design:** It is the backbone of study which has to be carried out in a proper and systematic way. The experimental method of research design was adopted for the study. The researcher carried out the experiments in “Advance Training kitchen” of “Shri Balasaheb Tirpude College of Hotel Management and Catering Technology, Nagpur”

**Selection of area:** The area selected for the experiment was Shri Balasaheb Tirpude College of Hotel Management & Catering Technology, Nagpur and the experts who had tasted the

products were the well-known professionals of Nagpur only.

**Selection of Samples:** The Samples were selected by judgemental sampling method and descriptive sensory evaluation of desserts was conducted for which score card was given to the judges and after tasting they were requested to fill the score card.

**Sample size:** Sample size was limited to 09 only.

**Sampling unit:** Judges from Hotel & Restaurant and reputed Hotel Management and Catering Technology Colleges of Nagpur city.

**Data Collection:** In order to get the information about the study the data was collected from two main sources which were:

**Primary data:** Primary data was collected through the score card for which the researcher went to the panelist with the prepared desserts and served them for tasting and after tasting the judges were requested to fill the score card.

**Secondary data:** Secondary data was collected by referring various books, websites, journals,



electronic media and encyclopaedias.

**Analysis data:** The collected data was tabulated, organized segment-wise and category-wise by dividing into 3 desserts. The statistical package for social science (SPSS) 17.00 and MS EXCEL package was utilized for analysing the data. The data was analysed and interpreted suitably by using ANOVA single factor test.

## RESULTS AND DISCUSSION

The chapter presents the finding from the score card that was collected from the judges. The data was collected during the period of 18 to 21 February 2016. For the present study 9 judges were included out of which 6 were from Hotel Industry and 3 were from Hotel Management and Catering Technology College, Nagpur city. The score card was developed and distributed to the judges which was analysed in line with objective set out and the finding are present and discussed below:

Table 4.1 shows the result of One-way Anova single factor test

conducted to determine the appearance of 3 new Indian desserts. As per the result there was no significant difference found in the appearance of the desserts [F (2, 24) =2.883; P=0.075]. So it is inferred that all the judges liked the appearance of 3 new desserts equally.

The data presented in Table 4.2 shows the outcome of one-way Anova single factor test used to determine the acceptance of taste by the panelist. As per the result there was significant difference found in the taste of the desserts [F (2, 24) =7.103; p=0.003]. The judges did like the taste of “Angoori kattori with coconut Rabri and Calcutta pithaeksaubishi” more as compared to “Golden Bird of India”.

Table 4.3 clearly shows the result of one-way Anova single factor test to know the acceptance of aroma and flavour among the three desserts. As per the result there was significant difference found in the aroma and flavour of the desserts [F (2,24) =11.083;



p=0.00039)] the opinions of the judges presenting greater appreciation towards the flavour of “Angoorikattori with coconut Rabri and Calcutta pithaeksaubishi”.

Table 4.4 shows the result of One-way Anova single factor conducted to determine the absence of defects of 3 new Indian desserts. As per the result there was significant difference found in the absence of defects of the desserts [F (2,24) = 8.54; p= 0.0015]. So it is inferred that there was no defects in “Angoorikattori with coconut Rabri”.

Table 4.5 clearly depicts the result of One-way Anova single factor test conducted to determine the texture of 3 new Indian desserts. As per the result there was significant difference found in the texture of the desserts [F(2,24)=8.34; p=0.0017].As per the result, the panelist liked the texture of “Angoorikattori with coconut Rabri and Calcutta pithaeksaubishi” as compared to “Golden bird of India”.

Table 4.6 shows the result of One-way Anova single factor test

conducted to determine the creativity and invention of 3 new Indian desserts. As per the result there was no significant difference found in the creativity and invention of the desserts [F (2, 24) =0.56; p=0.578)]. The panelist liked the Creativity and Invention of all the desserts similarly.

### SUMMARY

The researchers had done the study to know the acceptance of the innovation of three new Indian desserts through the panelists. The study was done in the form of experimental research at “Shri Balasaheb Tirpude College of Hotel Management and Catering Technology, Nagpur” and the products were prepared at the same place in the practical laboratory. The final products were tasted by the judges and their reviews are summarized as follows:

The sensory evaluation of three new desserts was done by the panel of judges who were the reputed personalities practicing as chefs and managers at the renowned Hotels and Restaurants and some working as professors at



Hotel Management & Catering Technology Colleges of Nagpur City According to the result all 3 innovative Indian desserts were equally liked by the judges for their appearance (Table 4.1).

According to Table 4.2 the panelists liked taste of “Angoorikattori with coconut Rabri and Calcutta pithaeksaubishi as compared to “Golden Bird of India”.

According to the result of Table 4.3 aroma and flavor of “Angoorikattori with coconut Rabri and Calcutta pithaeksaubishi” similarly liked by the panelists as compared to “Golden bird of India”.

According to Table 4.4 as per panelists there was no defects found in “Angoorikattori with coconut Rabri”.

According to the result, the texture of “Angoorikattori with coconut Rabri and Calcutta pithaeksaubishi was liked by the panelist as compared “Golden bird of India” (Table 4.5).

According to Table 4.6 the judges liked Creativity and

Invention of all three Indian desserts.

Thus the researcher concludes that on the parameters of taste, aroma and flavour, absence of defects and texture “Angoorikattori with coconut Rabri and Calcutta pithaeksaubishi” liked by the panelists as compare to “Golden Bird of India”, but as per other two parameter’s appearance and Creativity and Invention all three desserts were liked by the judges equally. Thus all 3 innovative Indian desserts can be considered to be appreciable by the people of Nagpur city as those have all the qualities that satisfy their urge for innovative Indian desserts. These three new innovative Indian desserts will bring a new trend in the field of desserts and sweets business and will also provide a new tastes and varieties to the dessert lovers. So the three innovative Indian desserts and sweets were found to be more acceptable by all.

**Table 4.1 Appearance of Desserts and Sweets**

SUMMARY				
Groups	Count	Sum	Average	Variance
Golden Bird of India	9	33	3.66667	0.5
Angoori Kattori with Coconut Rabri	9	39	4.33333	0.25
Calcutta pitha ek saubishi	9	34	3.77778	0.44444

ANOVA						
Source of Variation	SS	Df	MS	F	P-value	F crit
Between Groups	2.296296	2	1.148148	2.883721	0.075446	3.402826
Within Groups	9.555556	24	0.398148			
Total	11.85185	26				

**Table 4.2 Taste of Desserts and Sweets**

SUMMARY				
Groups	Count	Sum	Average	Variance
Golden Bird of India	9	24	2.666667	0.5
Angoori Kattori with Coconut Rabri	9	35	3.888889	0.861111
Calcutta pitha eksaubishi	9	33	3.666667	0.25

ANOVA						
Source of Variation	SS	Df	MS	F	P-value	F crit
Between Groups	7.62963	2	3.814815	7.103448	0.003774	3.402826
Within Groups	12.88889	24	0.537037			
Total	20.51852	26				



**Table 4.3 Aroma / Flavour of Desserts and Sweets**

SUMMARY				
Groups	Count	Sum	Average	Variance
Golden Bird of India	9	23	2.555556	0.527778
Angoori Kattori with Coconut Rabri	9	35	3.888889	0.111111
Calcutta pitha eksaubishi	9	34	3.777778	0.694444

ANOVA						
Source of Variation	SS	df	MS	F	P-value	F crit
Between Groups	9.851852	2	4.925926	11.08333	0.00039	3.402826
Within Groups	10.66667	24	0.444444			
Total	20.51852	26				

**Table 4.4 Absence of defects of Desserts and Sweets**

SUMMARY				
Groups	Count	Sum	Average	Variance
Golden Bird of India	9	22	2.444444	0.277778
Angoori Kattori with Coconut Rabri	9	34	3.777778	0.694444
Calcutta pitha eksaubishi	9	29	3.222222	0.444444

ANOVA						
Source of Variation	SS	Df	MS	F	P-value	F crit
Between Groups	8.074074	2	4.037037	8.54902	0.001573	3.402826
Within Groups	11.33333	24	0.472222			
Total	19.40741	26				

**Table 4.5 Texture of Desserts and Sweets**

SUMMARY				
Groups	Count	Sum	Average	Variance
Golden Bird of India	9	28	3.111111	0.111111
Angoori Kattori with Coconut Rabri	9	36	4	0.25
Calcutta pitha eksaubishi	9	32	3.555556	0.277778

ANOVA						
Source of Variation	SS	Df	MS	F	P-value	F crit
Between Groups	3.555556	2	1.777778	8.347826	0.00177	3.402826
Within Groups	5.111111	24	0.212963			
Total	8.666667	26				

**Table 4.6 Creativity/Invention of Desserts and Sweets**

SUMMARY				
Groups	Count	Sum	Average	Variance
Golden Bird of India	9	37	4.111111	0.361111
Angoori Kattori with Coconut Rabri	9	39	4.333333	0.5
Calcutta pitha eksaubishi	9	40	4.444444	0.527778

ANOVA						
Source of Variation	SS	Df	MS	F	P-value	F crit
Between Groups	0.518519	2	0.259259	0.56	0.57849	3.402826
Within Groups	11.11111	24	0.462963s			
Total	11.62963	26				



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