14th Food Engineering Conference

November 28-29, 2016 Melbourne, Australia

Nutritional composition of some wild mushrooms consumed by indigenous people around The Lore Lindu National Park, Central Sulawesi, Indonesia

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This study provides the nutritional qualities of some wild mushrooms (*Auricularia sp., Auricularia auricular-judae, Termitomyces sp.1, Lentinus sp., Pleurotus ostreatus, Schizophyllum sp.*) commonly consumed by the indigenous people around The Lore Lindu National Park, Central Sulawesi, Indonesia. Atomic absorption spectrophotometry was used to determine the mineral element composition, while the crude protein of the mushroom flours was estimated by micro-Kjeldahl method. The differences in proximate composition, minerals and protein fractions between the uncooked and cooked samples of mushrooms were assessed by t-test. The results showed that all the tested samples contained appreciable amount of essential nutrients and proteins. The results on a dry weight (mg/kg) basis demonstrated that all the tested mushroom samples shows significant amount of macro and micronutrients ranging from Ca, Mg, P, K, S, Cu, Mn, Fe and Zn, respectively between cooked and uncooked mushroom samples. The total protein of mushroom samples was also significantly influenced by cooking process. This study demonstrated that cooked and uncooked mushrooms were endowed with potential nutritional principles. From the present study, further research is required for commercial cultivation and evaluation bioactive compounds of different parts of these mushrooms.

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Bio-processing of bael (Aegle marmelos L.) fruit into fruit leather

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Fruit leather, a dehydrated snack, has the potential to increase fruit solids consumption especially in the young. When considering about underutilized fruits, bael fruit is one of them which is highly nutritious, medically important and seasonally available fruit in Sri Lanka. A product developed through such a valuable fruit will give a great potential to be popularized among the health concerned consumers in the present world. Hence, the study was carried out to develop bael fruit (*Aegle marmelos L.*) pulp based leather using sugar, citric acid and a thickening agent as ingredients, with the aim of improving the palatability and increasing the utilization of the fruit. The proximate composition of the final product was analyzed. The product was evaluated for quality by using its microbial, physicochemical and sensory properties. Data of sensory evaluations were statistically analyzed using Friedman non parametric test and the shelf life evaluation data were analyzed by using one way ANOVA test with 95% confidence level. The results were revealed that the best thickening agent was corn flour and its best concentration was 2.5%. Proximate analysis of the fruit leather showed that the finally developed product contained 2% ash, 2.3% crude protein, 0.1% fat, 3.9% fiber and 8.9% moisture. According to the findings of the work, developed bael fruit leather can be safely stored under room temperature for 6 months under vacuum packed conditions.

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