



Unit III – Topic VI

Chutney and Sauces

Chutney and sauces are the important products prepared from fruits and vegetables. Salt, spices, sugar, acid in these products is added to improve taste and to act as a preservative. These products are well known for their palatability and appetizing nature. Mango, apple, plum, apricot, tomato, carrot etc are the raw materials for these products. Mango chutney, plum chutney and mixed fruit chutney are quite popular. Fruit chutney is a product-made in the same way as that of jam except that spices, salt and vinegar are also added. Vinegar extract of the spices is added most preferably in place of whole spices. The chutney shall contain minimum of (40% fruit)(w/w) in the final product with total soluble solids not less than 50% and acidity not exceeding 2.1%. Sauces are also prepared from more or less similar ingredients and in same manner as chutney. Except the fruit pulp is sieved after cooking to remove the skin, seeds and stalks of vegetables; to give a smooth consistency to the final product. The consistency of sauce is comparatively thin than of fruit chutney. According to FPO specifications, the quantity of total soluble solids and acidity as acetic acid in the sauce shall not be less than 15% and 1.2% respectively. Sauces may be of two kinds. Thin sauces of low viscosity mainly consist of vinegar extracts of flavouring spices, herbs etc and thick sauces which are highly viscous.

Fruit Sauce:

A fruit sauce of better quality should be cooked to such a consistency that it can be poured freely without fruit tissues separating out in the bottle. The colour should be bright. The neck of jar/bottle should be covered with paraffin wax layer for airtight sealing.

Procedure for preparing chutney

The fruit/vegetable is cut into slices of suitable size and softened by dipping in boiling water. Slow cooking is preferred to yield better product than that of bristle heating at high temperature. Onion and garlic are added at the start to mellow their strong flavour. Spices are coarsely powdered and added. Spices can also be added by placing all ingredients in a cloth bags, loosely tied and placed in the mixture during cooking. Vinegar extract of spices can also be added. The vinegar is added just little before final stage of boiling. In place of vinegar, acetic acid can also be used as source of acidity. The product is cooked to a consistency of jam and filled hot into sterilized jars. The product can be pasteurized and processed at 820C for 30 minute. The storage of chutney is done at ambient temperature in cool and dry place.