


**REVIEW ON PRODUCTION AND QUALITY OF ICE CREAM  
INCORPORATING SPROUTED COCONUT**



**BY**

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## ABSTRACT

Ice cream is a popular dessert made by using milk, additives include sweeteners, flavorings, stabilizers, emulsifiers, and colorings. To make a desired ice cream flavor, fruits, nuts, variegates, candy pieces, and other condiments are occasionally added to improve the ice cream quality and add value to the product. It is possible to the texture, taste, nutritional value, color, and flavor of ice cream by adding some ingredients to it. The goal of this study was to find the best combination of sprouted coconut and cow milk for producing high-quality ice cream. Secondary data extracted from previously published sources, which was then categorized and summarized to conclude the quality and other characteristics.

The Coconut sprout can be taken as an ingredient to add value to ice cream. It is a big spongy cotton candy mass that is sweet and juicy, found inside coconut during germination produced as an endosperm to nourish the developing embryo. Which is well known for its nutritional qualities and is of great medicinal value. Functional components such as phenols, antioxidants, and dietary Fibers, as well as nutritional components such as sugars, macro and micronutrients, were found in the sprouted coconut. The nutritional profile of sprouted coconut must be thoroughly evaluated before it can be effectively used in dietary formulations and as a supplement. As a result, the findings of the study can be used in nutrition campaigns to promote it as a functional food, as well as food fortifications and formulations.

## TABLE OF CONTENT

ABSTRACT .....	i
ACKNOWLEDGEMENT .....	ii
TABLE OF CONTENT .....	iv
LIST OF TABLES .....	viii
LIST OF FIGURES .....	ix
ABBREVIATION.....	x
CHAPTER 01	
INTRODUCTION .....	1
CHAPTER 02	
LITERATURE REVIEW.....	4
2.1 Milk.....	4
2.2 Milk production in Sri Lanka.....	4
2.3 Composition of milk .....	6
2.3.1 Water in milk.....	6
2.3.2 Milk Fat.....	7
2.3.3 Milk Protein .....	7
2.3.4 Casein.....	8
2.3.5 Whey Protein.....	9
2.3.6 Milk Carbohydrate (Lactose) .....	9

2.3.7 Vitamins .....	10
2.3.8 Minerals .....	11
2.4 Ice cream .....	11
2.4.1 Types of Ice Cream .....	12
2.4.2 Nutritional Composition of Ice Cream.....	15
2.4.2.1 Proteins in Ice Cream .....	16
2.4.2.2 Carbohydrates in Ice Cream.....	16
2.4.2.3 Fat in Ice Cream .....	17
2.4.2.4 Vitamins in Ice cream .....	18
2.4.2.5 Minerals in Ice Cream .....	19
2.4.2.6 Stabilizer .....	20
2.4.2.7 Emulsifiers .....	20
2.4.2.8 Flavors.....	21
2.4.2.9 Colors .....	21
2.4.3 Ice Cream Production.....	22
2.4.3.1 Standardization of milk .....	23
2.4.3.2 Pasteurization of milk .....	23
2.4.3.3 Homogenization of milk .....	24
2.4.3.4 Prepare the Ice cream Base .....	24
2.4.3.5 Aging / Maturation of Ice cream Mixture .....	25

2.4.3.6 Flavoring of ice cream .....	25
2.4.3.7 Freezing of Ice cream.....	26
2.4.3.8 Hardening of Ice cream .....	27
2.4.3.9 Packaging of Ice cream .....	28
2.4.3.10 Storage and distribution of ice cream.....	28
2.4.3.11 Shelf Life and Storage Period of Ice Cream .....	29
2.4.4 Physicochemical Analysis Methods of Ice Cream.....	30
2.4.4.1 Fat.....	30
2.4.4.2 Protein .....	31
2.4.4.3 Moisture and Total Solids .....	31
2.4.4.4 Lactose and Minerals .....	32
2.4.4.5 Acidity.....	33
2.5 Coconut .....	34
2.5.1 Coconut Seed Germination .....	35
2.5.2 Coconut Sprout (Coconut Haustorium) .....	37
2.5.3 Nutritional Composition of Sprouted Coconut .....	39
2.5.4 Health Benefit of Sprouted Coconut.....	41
2.5.5 Types of Ice Cream Prepared by Using the Edible Parts of the Coconut ...	42
2.5.5.1 Coconut Milk Incorporate Soft Ice Cream.....	42
2.5.5.2 Green Coconut Milk Incorporate Ice Cream.....	43

2.5.5.3 Sprouted Coconut Incorporate Ice Cream.....	44
CHAPTER 03 .....	46
CONCLUSION .....	46
SUGGESTIONS .....	47
REFERENCES.....	48

## LIST OF TABLES

Table 2.1 Cow and Buffalo Milk Production 2015 – 2020 in Sri Lanka .....	5
Table 2.2 Average Milk Production per Cow/day (Liter) by Province.....	5
Table 2.3 Composition of milk from different sources .....	6
Table 2.4: Types of ice cream and a short description of each .....	13
Table 2.5 Nutritive value of commercial ice cream and related products .....	18
Table 2.6: Proximate composition of coconut haustorium .....	40

## LIST OF FIGURES

Figure 2.1: Triglyceride .....	7
Figure 2.2 : Casein Micelles & Protein chain with Peptide Bond .....	9
Figure 2.3: Lactose.....	10
Figure 2.4:Process diagram for ice cream production .....	22
Figure 2.5 :Germinated Coconut.....	35
Figure 2.6: Changes of coconut haustorium at different developmental stages .....	37
Figure 2.7: Sprouted Coconut .....	38