

Sweet Potato Jam: Alternative to Conventional Jam

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Abstract—Sweet potato is an important starchy root crop cultivated for food sometimes as a staple food but usually as an alternative food. To increase economic value sweet potato, the starchy roots have been processed into many products like jam, jelly, ketchup, chips etc. sweet potato is appropriate for jam making as it contains a suitable content of water soluble pectin . The sweet potato jam formula contains 20.7% sweet potato, 45% sugar, 34% water and 0.3% citric acid. Due to high starch content of sweet potato roots as compared to fruits, the proportion of sweet potato and sugar are different from the standard formula of 45% fruit and 55% sugar in fruit jams. The jam scored highly for color, flavor and overall acceptability on sensory testing but only fair to good for gel consistency. Jam with various natural colors yellow, orange, or pinkish could be prepared using cultivars with different flesh color. Jam is widely use as sandwich spread, bread roll, topping on cakes, pastries, add to ice cream and anything we want to turn into a sweet but healthy delight.

Keywords: sweet potato, jam.