

Processing and Preparation of Sugar-Coated Amla Candy

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Amla, also known as Indian gooseberry, is revered for its numerous health benefits, including immunity-boosting properties, rich antioxidants, and Vitamin C. However, due to its naturally sour and tart taste, many people find it difficult to consume regularly. To overcome this challenge, sugar-coated amla candy offers a delightful solution, combining health with indulgence. The sweet coating balances the tartness, making it enjoyable for both children and adults. This candy not only serves as a treat but also promotes digestive health, making it a popular addition to households and wellness products. The following process explains how to prepare sugar-coated amla candy in a way that preserves its nutritional value while enhancing its appeal with a glossy sugar coating. The experiment on Amala candy making took place in the FSN Lab, MIT College of Agriculture and Technology, Musiri, Trichy, Tamil Nadu.

Advantages of Sugar-Coated Amal Candy

Ingredients Required

1. Fresh Amla (Indian Gooseberry) – 1 kg
2. Sugar – 1.5 kg
3. Lemon Juice – 50 ml (optional, for flavor balance)
4. Water – 500 ml

Step-by-Step Process for Sugar-Coated Amla Candy

Step 1: Cleaning and Boiling the Amla

- ✓ Wash the amlas thoroughly to remove any dirt or impurities.
- ✓ Boil the amlas in 500 ml water for **5-7 minutes** until they soften slightly.
- ✓ Drain the amlas and allow them to cool.

Step 2: Deseeding and Cutting

- ✓ After cooling, cut the amlas into small segments and carefully remove the seeds. Alternatively, you can crush the amlas if a pulpy texture is preferred.

Step 3: Preparing the Sugar Syrup

- ✓ In a pan, add **500 ml water** and **1.5 kg sugar**.
- ✓ Stir the mixture over medium heat until the sugar dissolves completely.
- ✓ Allow the mixture to boil for about **5 minutes** to achieve a thick syrup consistency.

Step 4: Soaking the Amla in Sugar Syrup

- ✓ Add the amla segments to the hot sugar syrup and stir gently.
- ✓ Optionally, add **50 ml lemon juice** to enhance the flavor and maintain the candy's natural tartness.
- ✓ Let the amla pieces soak in the syrup overnight to absorb the sweetness.

Step 5: Drying the Amla Segments

- ✓ After soaking, remove the amla pieces from the syrup and spread them evenly on trays.
- ✓ Allow them to dry under sunlight or in a **dehydrator** for 6-8 hours, ensuring the pieces are sticky but not wet.

Step 6: Coating the Amla Segments with Sugar

- ✓ Heat the remaining sugar syrup until it thickens further.
- ✓ Pour the thickened syrup over the semi-dried amla pieces while gently mixing them to ensure an even sugar coating.
- ✓ If desired, you can add **natural food coloring or spices** like cardamom during this step.

Step 7: Final Drying and Anti-Stick Treatment

- ✓ Spread the coated amla pieces on trays and allow them to dry completely for **2-3 hours**.
- ✓ Lightly dust them with **powdered sugar or starch** to prevent sticking during storage.

Step 8: Packaging the Amla Candy

- ✓ Once fully dried, pack the sugar-coated amla pieces in **air-tight jars or pouches** to preserve their freshness and crunch.

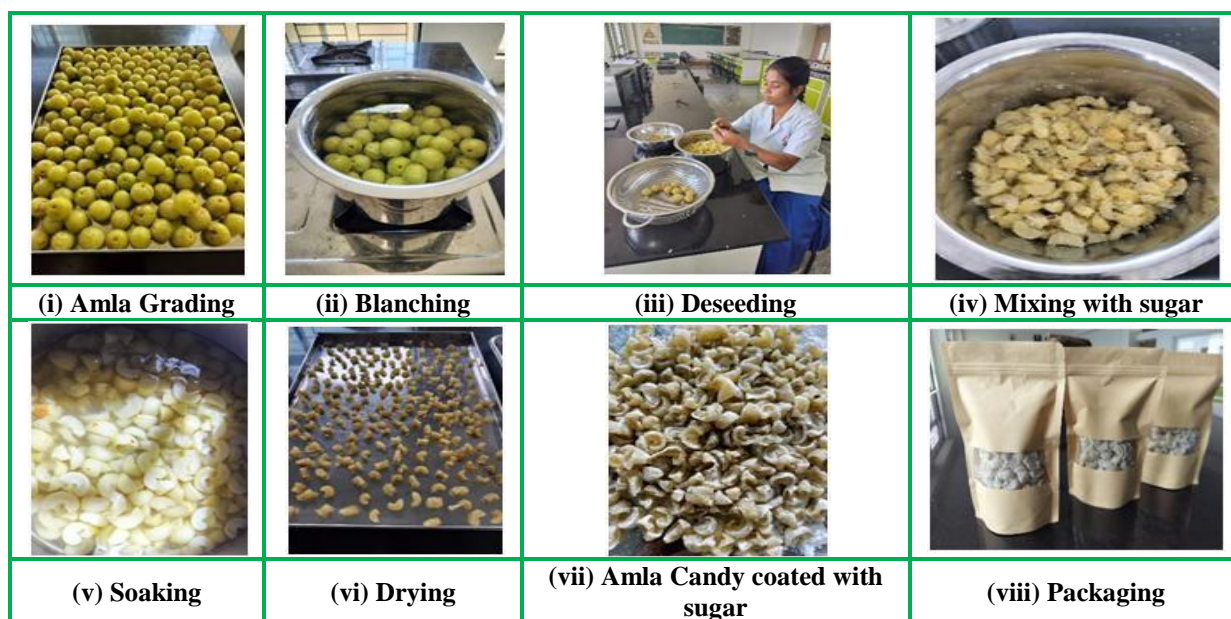


Fig: Complete Processing steps for making amla candy

Conclusion

Sugar-coated amla candy is a perfect fusion of health and flavor, offering a nutritious alternative to regular sweets. Its preparation involves simple steps like boiling, syrup infusion, and sugar coating, ensuring the fruit's natural benefits are preserved. With proper packaging, the candy can retain its crunch and freshness over time. Offering a product with the combined appeal of health and indulgence can attract both health-conscious consumers and sweet lovers. Branded with a fancy name such as "**SweetSphere Delight**" or "**AmalGlow Gems**," this candy can become a favorite snack for many. Whether for personal consumption or as a marketable product, sugar-coated amal candy has the potential to make a significant impact.