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Sugar Palm (*Kaong*) in Syrup

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SUGAR PALM (*KAONG*) IN SYRUP

INTRODUCTION

Kaong or sugar palm (*Arengga pinnata*) is a minor forest species that produces food. Its fruits are made into *kaong* preserve which is good for dessert or as an ingredient in fruit salads and the palm sap is made into vinegar and sugar. These products are sold in the local and export markets.

PRODUCT DESCRIPTION

Sugar palm (*kaong*) in syrup:

(a) Prepared from whole, sound, clean, washed seeds of sugar palm fruit (*Arenga pinnata*);

(b) Packed with syrup, with or without additives, i.e. acidulants, food colors and flavors; and,

(c) Thermally processed and packed in hermetically-sealed containers to prevent spoilage.

BASIC INGREDIENTS

(a) White, opaque or translucent, firm sugar palm free from acidic and fermented flavor and odor,

(b) One or more of these carbohydrate sweeteners can be used as sugar: sucrose, invert sugar, glucose and fructose.

PACKING SYRUP

The packing syrup prepared from one or more of the sugars identified, with or without the addition of fruit stock or juice, shall be classified on the basis of total soluble solids (°Brix):

(a) Extra light syrup – (10° - 13°)

(b) Light syrup – (14° - 17°)

(c) Heavy syrup – (18° - 21°)

(d) Extra heavy syrup – (22° - up)

PREPARATION and PROCESSING PROCEDURE

1. **Washing and/or cleaning**

   Raw materials should be washed immediately after receipt and stored under conditions that will protect the fruits from contamination and deterioration.

2. **Preparation of cooking and packing syrup**

   Syrup of required strength should be prepared by dissolving refined sugar in water and heated to dissolve all the sugar crystals. The mixture is then filtered to remove any foreign matter present. Syrup strength should be checked with a refractometer and adjustments made either with addition of more sugar or water.

3. **Pre-cooking**

   This is done by boiling in water to soften the fruits until the required texture is attained. Boiling is practiced to leach out undesirable fermented or acidic flavor.

4. **Cooking in syrup**

   The prepared fruits may be cooked or boiled in syrup of required strength, the amount of which should be sufficient to cover the fruits during boiling. The fruits should be occasionally stirred during boiling to allow even cooking. The fruits should be cooked until the required degree of sugar penetration is achieved.

Cooked fruits should not be left standing at room temperature longer than 8 hours, otherwise, it should be refrigerated to minimize microbial activity.