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ORIGINAL PAPER



## Homemade tamarind ball or candy preparation

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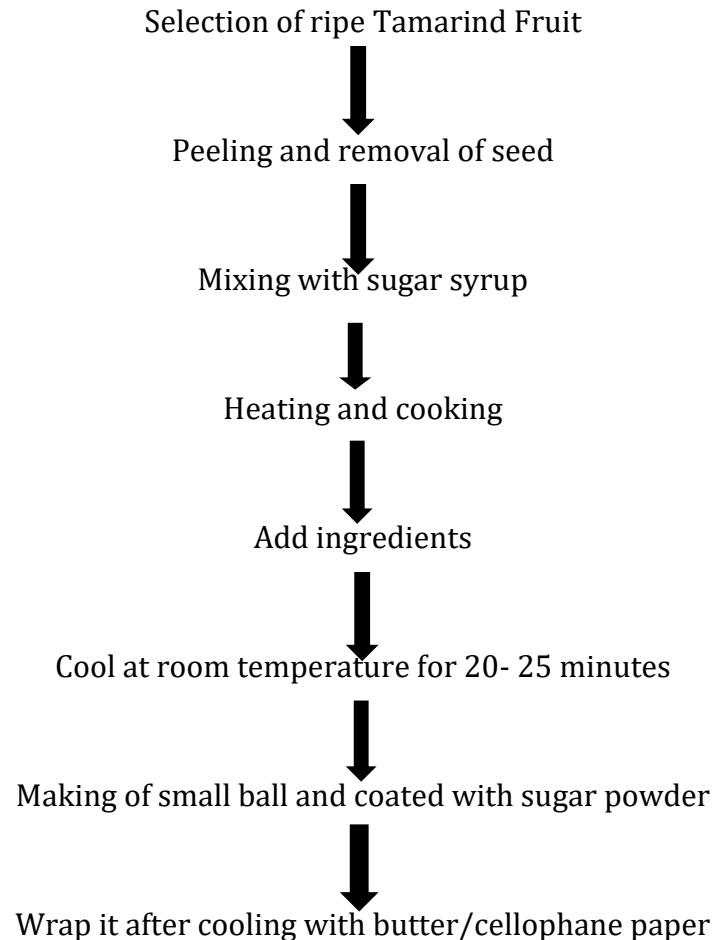
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A minor tree species of the tropics and subtropics is the tamarind (*Tamarindus indica* L.), belongs to the family Leguminaceae. India is the top country in the world for tamarind production, exports and consumption. Tamarind is a staple food and ingredient in many dishes in the southern region of India. It is referred to as imli in India. In India, the tamarind has a very high potential but is currently underdeveloped. The edible part of tamarind is a pod with sour flavour. The tamarind fruit is a nutritious powerhouse. It also has medical and nutritional benefits. The tartaric acid found in tamarind is mostly employed as an acidulate and is therefore used in the production of many Indian recipes. Fruit pulp makes up roughly 70–75 percent of its weight, with the remaining 25–30 percent made up of seeds, peel, and fibre. It is incredibly rich in fibre, minerals, protein, carbs, and other nutrients. Pectin makes from 2 to 3.5 percent of every 100 grammes of pulp. The sodium-potassium imbalance in the body and anaemia can both be treated with tamarind. In Indian cuisine, tamarind is a crucial auxiliary/condiment that is regularly utilized as a sour element. All aged people can enjoy the value-added goods made from the ripe tamarind fruit. Consumers who are concerned about their health can enjoy a tasty homemade tamarind ball as candy that is produced from tamarind pulp, sugar, and other condiments. The candy, which is made up of 55 percent pulp, 34 percent seeds, 11 percent hull and fibres. After simmering tamarind pulp with enough sugar and a very small amount of water, it is made into candies.

**Raw materials required :** For preparation of tamarind candy, 200g of seedless tamarind, 200 g of jaggery, 150 g of sugar powder, 50 g of red chilli powder, 50 g of black salt, 50 g of

roasted cumin powder, 10 g of dry ginger powder, 2 teaspoon ghee, 100 ml white oil, non-stick pan, wooden ledder, glass ball, toothpick, plastic container for storage, cellophane paper or butter paper and a pinch of hing.

### Flowchart for Tamarind ball or candy preparation



### MAKING PROCESS

To make sweetened tamarind fruit, first we have to take freshly harvested mature ripe tamarind pod. After washing it peel and seeds can be removed. Take a non-stick pan and add 2-3 spoon of ghee. The pulp of the tamarind can cook with equal amount of jaggery until or unless it became soften, other ingredients can be added at the last of the cooking. After 10-15 minutes of cooking let it be dry at room temperature. And then take a small portion and small size ball can be prepared, coated with sugar powder followed by

white oil. The dry tamarind ball are wrapped in cellophane and can store in cool and dry place.

### STORAGE

Always be maintained cool and dry environment for storage otherwise there is the chance of sticky or gummy candy. In refrigerated conditions these tamarind ball or candy can be store upto six months and at normal room temperature 10-15 days in summer and 30 days in winter. The prepared tamarind ball can be wrap with cellophane or with butter paper after inserting toothpeack for better appeal and storage.



Plate 1: Peeling and separating seeds



Plate 2: Preparation of ingredients



Plate 3: Boiling and mixing of ingredients



Plate 4: Final Products