MA (IISemester)

HSCM205
Food Science and Experimental Foods
Unit-v

Beverages and Appetizers

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INTRODUCTION

- Beverages are liquids for drinking they subjectively refresh a person and also help to supplement his fluid requirements. The beverages most commonly used in India are tea, coffee, fruit juices, cordials, squashes and aerated water

- A beverages is composed cheaply of water used as a drink for the purpose relieving thirst and introducing fluid to the body, nourishing the body and stimulating or soothing the individuals

CLASSIFICATION

- Carbonated beverages
- Non carbonated beverages
- Milk beverages
- Fruit beverages
- Alcoholic beverages

CARBONATED BEVERAGES

- These beverages are generally sweetened, flavored, acidified, colored, carbonated, and sometime chemically preserved.

- The major ingredients of carbonated drinks are water, carbon dioxide, sugar, flavoring colors and acids. Non nutritive sweeteners like saccharin

- Soft drinks, coco cola, thumps up, limca etc. are examples of carbonated drinks

- From nutritional point of view soft drinks have no nutritional value

NON CARBONATED BEVERAGES

- These beverages have stimulating effect in our body. These include tea, coffee and cola drinks

TEA (CAMELLIA SINENSIS)

- It is an evergreen shrub native to china and India. There are about 45 species of Camellia of which camellia sinensis is the most important one.

- Tea leaves are usually ploughed by hand. There are three types of tea depending on the processing of tea .They are black, green and oolong.

- The two important characteristics of tea are flavor and body. Body involves the strength and color of the brew (decoction).

- The two important constituents of tea are tannins and caffeine.

- It is most popular refreshing drink. We drink tea for its aroma, Flavour and stimulating effect.

- It can induces insomnia and nervousness in individuals who drink tea in excess. Tannins present in tea extracts reduces the ability of humans to utilize dietary iron.

COFFEE

- Coffee (Coffea)is an evergreen shrub native to central Africa and Asia.
- It is the berry of a plant and important beverages used all over the world.
- The bulk of coffee grown in India is coffee Arabica and coffee Robusta.
- Each one has its own flavor and aroma which are brought out when the beans are roosted and then grinded.
- From the stand point of beverages making the important components of coffee are caramelized carbohydrates, carbon dioxide, tannin, caffein, oils and fatty substances and caffeol.
- It is stimulating beverages and prevent various types of disease.
- Excessive use of caffeine causes adverse effect on mental and physical health.

COCOA (THEOBROMIA COCOA)

- Cocoa is a small tree native to America.
- Cocoa and chocolates are made by grinding the seeds of pods of the cacao tree.
- After harvesting, cocoa pods are cautiously opened
- The beans and mucilage are scooped out and subjected to natural fermentation for about 5-10 days
- Cocoa is an energy food and stimulant
- It is used in preparing health drinks and diet supplements. It is also added to infant foods and malt based products.

FRUIT BEVERAGES

- Fruit juices, fruit drinks, fruit punch, fruit squash, sharbat are different types of fruit beverages

- This is called nutritious beverages and useful for health

MILK BEVERAGES

- Milk based beverages are always made fresh and are very good for children and those convalescing from illness.

- Bananas, mangoes, sapota (chiku) ,besides coffee and cocoa are the most favourite accompaniments of milk in making such milk based drinks called milk shakes.

- The nutritive values of milk beverages is very high.

- Milk shake, flavoured milk , desert, milk banded cold drinks ,egg nog fermented milk etc are some examples.

ALCOHOLIC BEVERAGES

- India is a major producer and consumer of alcoholic beverages
- The country has many traditional alcoholic beverages
- There are three classes of alcoholic beverages
- Fermented alcoholic beverages examples -wine, palm toddy, beer etc.
- Distilled alcoholic drinks examples- whisky, brandy, rum, arrack etc.
- Liqueures /digestives in which distilled alcohol is added to provide preservative and stimulating effect-Cointreau ,Grand Marnier.
- It is mood enhancer
- All alcoholic beverages are taken only for stimulating and comfort effect
- Alcohol, consumption in larger quantity over a along period can affect liver functioning and also increases the risk of cardio vascular disease.

CONCLUSION

- A drink or beverage is a liquid intended for human consumption. In addition to their basic function of satisfying thirst, drinks play an important roles in human culture. Common types of drinks include plain drinking water, milk ,coffee tea, juice and soft drinks are considered beverages. These contain stimulants or flavouring agents which perform some useful function but are not essential for the proper functioning of the body.

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