

Development of Vegetable Marmalade Using Okra's (*Abelmoschus esculentus*) Mucilage

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Abstract

Okra, the popular name of the “lady finger” plant, has always been neglected by consumers due to its sliminess. Thus, the study utilized the okra mucilage as a substitute for pectin in producing marmalade. A systematic cooking of ingredients (okra mucilage, pandan, lemon extract, and lemon rind) using the standardized recipe was done in order to come up with a successful product. A serving (15g) of the vegetable marmalade was found to have a nutrient content of 195 kcal, 2.3g protein, 0.5g fat, 45.4 carbohydrates, 203mg calcium, 68mg phosphorus, 1.3mg iron, 29µg vitamin A, 0.1mg thiamin, 0.13mg riboflavin, 1.4mg niacin, and 31 mg vitamin C. The finished product was evaluated by 30 people. Results showed that almost all of the evaluators answered liked the product *extremely* and *very much* (70.00%, 79.99%, 60.00%, 53.34% and 70.00%, for color, taste, texture, aroma, and appearance, respectively). The vegetable marmalade is packed in a sterile jar and can be consumed within two weeks when stored at a room temperature. The raw cost of a serving is PhP5.20, while the selling price per jar is PhP17.12, which is cheaper compared to other marmalade products. Therefore, it is possible to produce marmalade utilizing okra's mucilage.

Keywords: *vegetable marmalade, okra's mucilage, Abelmoschus esculentus*