

Palm Based Liquid Coconut Milk Substitute

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Palm-based liquid coconut milk substitute (santan sawit) was prepared as an alternative to the traditional coconut santan. With its lower content of lauric and myristic acids and higher palmitic and oleic acids, santan sawit should be the healthier product compared to coconut milk. The process for production of santan sawit involved mixing, homogenization and pasteurization. The product contains moisture (60-65%), ash (1.2-2.0%), protein (1.4-1.8%), fat (26-30%) and carbohydrate (7.8-8.5%). The calculated energy content was 1900 - 2000KJ/100g. Characterization of the physiochemical properties of santan sawit showed: smp (30 - 40°C), iodine value (50-55), free fatty acids (<0.05 mg/g) and viscosity (20-25 cps). The high vitamin E content (mg/kg) in the product is an additional benefit in palm-based liquid coconut milk substitute is an extra boost as an essential nutrient in the human diet and also as an antioxidant to increase shelf life. Sensory evaluation by a trained panel found no significant difference ($p>0.05\%$) between palm-based and coconut santan in terms of appearance, taste, aroma and overall acceptability. The palm product has a vastly superior shelf-life compare to coconut santan as the latter cannot.