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Nutritional, sensory and physicochemical characterisation of coffee jellies

Ardean Victor, Cutlac Ianca Narcisa, Popa Viorica Mirela, Dumbravă Delia Gabriela,
Camelia Moldovan

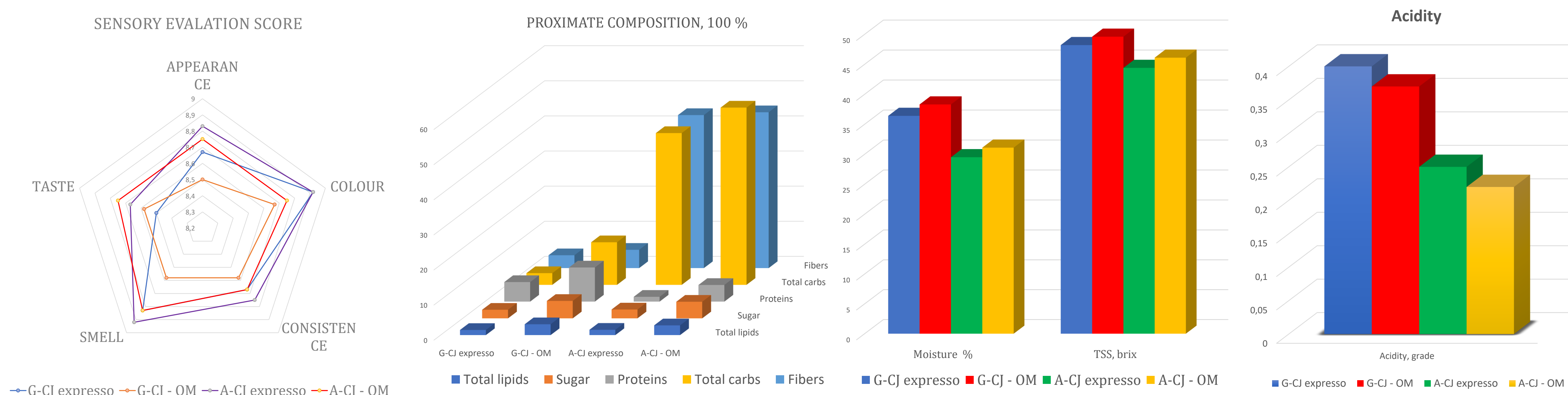
Faculty of Food Engineering, University of Life Sciences "King Mihai I" from Timișoara, Calea Aradului
119A, 300645, Romania

*corresponding author, e-mail: cameliamoldovan@usvt.ro



Abstract: While coffee and jelly may seem like a strange combination, coffee jelly has won over consumers. The purpose of this work was to take advantage of the benefits of coffee consumption, but in a other form than liquid. Custom recipes for making coffee jellies were developed in two variations: using water to make "espresso" coffee and using oat "milk." Additionally, two gelling agents were used: gelatin and agar-agar. The results of the sensory evaluation showed a very good acceptability of all the jellies. The acidity of the jellies with gelatin (0.37-0.4 degrees of acidity) was higher than that of those with agar (0.22-0.25 degrees of acidity). The jellies made with espresso coffee had higher acidity than those with oat "milk." The total soluble solids content ranged from 44.4 to 49.6 Brix. The highest values were recorded for the gelatin jellies, while the lowest were for the agar jellies. The addition of oat "milk" resulted in increase in soluble solids in all types of jellies. The moisture content of the gelatin jellies (36-38%) was higher than that of the agar jellies (30-33%), and those with oat "milk" were higher than the espresso ones. The energy values of the jellies ranged from 106.19 to 183.42 kcal/100 g. The jellies with oat "milk" had more calories than the others. The jellies with gelatin had the highest energy value - 123.8 and 183.42 kcal, while those with agar had 110.88 and 150.59 kcal.

• Results and discussions



• Conclusions

The results of this study have demonstrated that coffee jelly is a viable product that retains many of the traditional benefits of coffee while offering a new sensory experience and a fresh perspective on how coffee can be reimagined and integrated into contemporary diets. In the HoReCa sector, restaurants and cafes can include coffee jelly in their menus, providing customers with an innovative and refined culinary experience. At home, coffee jelly can be easily prepared, offering a healthy and personalized alternative for coffee lovers. The use of different gelling agents has resulted in jellies with various sensory and physicochemical characteristics. Each gelling agent used has given the jelly unique features, allowing the product to be adapted to diverse preferences and needs. Coffee jellies have the potential to attract consumers from various age groups, offering a refreshing, enjoyable, and healthy alternative to traditional desserts. In the HoReCa sector, restaurants and cafes can include coffee jelly in their menus, providing customers with an innovative and refined culinary experience. At home, coffee jelly can be easily prepared, offering a healthy and personalized alternative for coffee lovers.

