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FORMULATION, STRUCTURAL ANALYSIS AND NUTRITIONAL PROFILE OF A GOURMET SALTED CARAMEL CHEESECAKE

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Abstract: Cheesecake-type desserts are popular confectionery products whose sensory quality depends on the balance between texture, sweetness and flavour. This study describes the formulation of a salted caramel mini cheesecake, a layered dessert composed of a crisp biscuit base, a creamy cheese filling and a salted caramel topping. The technological function of each key ingredient is discussed. Biscuits provide structural support and a crunchy contrast to the soft filling, and contribute buttery, caramel and vanilla notes. Sour cream improves creaminess and moisture retention. It also adds a slight acidity that offsets sweetness, and its fat content promotes uniform baking and reduces cracking. Sweetened condensed milk acts as a dissolving sweetener that avoids a grainy texture. It also improves cohesion and set, and adds a rounded, cooked-milk flavour. Corn starch acts as a stabilising and binding agent that gives a fine, uniform, non-rubbery structure and clean slicing after cooling. Salted caramel balances the sweetness of the cream cheese through a saline note and increases aromatic complexity. The nutritional composition of the finished product (per 80 g portion) was 294 kcal, 17.4 g fat, 30.6 g carbohydrates (of which 25.8 g sugars), 3.7 g protein and 0.36 g salt. The product is energy-dense, with a high fat and sugar content and a low protein content. The results show that the sensory and structural quality of the product comes from the combined functionality of its ingredients, and they provide a basis for further optimisation, such as reducing sugar and fat.

Keywords: salted caramel, cheesecake, mini dessert, functional ingredients, texture, sweetened condensed milk, corn starch, nutritional value.







