



## Mixed Pickles

### Picking the Perfect One

Pickles are not much different from ketchup so far as their place in our foods is concerned. They are yet another sweet and tangy thing that goes with just about anything and their jars can be found sitting delicate and dainty on many dining tables and kitchen cabinets. Some coincidence, then, that this issue of *Consumer Voice* features test findings on both pickles and ketchups.

Ashok Kanchan

**P**ickles are generally made of fruits and vegetables soaked in solutions that help in preventing spoilage as well as add flavour. Mainly, there are three basic categories of pickles – pickles in oil, pickles in citrus juice or brine (salt solution), and pickles in vinegar. Of these, oil-based pickles have the largest market share and one of the most sold varieties is the mixed pickle.

#### **Pickles Specifications**

As per Food Safety and Standards (Food Products

Standards and Food Additives) Regulations, 2011, pickles means the preparation made from fruits or vegetables or other edible plant material including mushrooms free from insect damage or fungal infection, singly or in combination preserved in salt, acid, sugar or any combination of the three. The pickle may contain onion, garlic, ginger, sugar, jaggery, edible vegetable oil, green or red chillies, spices, spice extracts/oil, limejuice, vinegar/acetic acid, citric acid, dry fruits and nuts. It shall be free from copper, mineral acid, alum and synthetic colours, and shall show no sign of fermentation.

➤ Pickles may contain preservatives (single or in combination):

1. Benzoic acid and its sodium and potassium salt, or both – 250 ppm (calculated as benzoic acid) maximum
2. Sulphur dioxide – 100 ppm maximum

➤ Pickles shall conform to the microbiological requirement as follows:

Mould count – Absent in 25 grams/ml

Pickles in oil:

- (a) Drained weight not less than 60.0 per cent
- (b) Fruit and vegetable pieces shall be practically remaining submerged in oil

### Brands Evaluated

The *Consumer Voice* team purchased nine brands of mixed pickle in oil from Delhi and NCR market.

1. Mother's	
2. Tops	
3. Nilon's Premium	
4. Great Value	
5. Pachranga's Farm Fresh	
6. Mum's	
7. Tasty Treat	
8. Haldiram's	
9. Kanodia	

### CV Recommendation

**Mother's**

The brand received highest overall acceptability.

### Analysis Highlights

#### Packaging Material

Mother's, Tops, Nilon's, Great Value, Pachranga's and Haldiram's come in glass jars, while Tasty Treat and Kanodia come in plastic jars. Glass does not react with food material, therefore is recommended for packaging of pickles.

#### Net Weight

It is the weight of product (pickle) in the pack. In three brands net weight was found less.

As per Legal Metrology (Packaged Commodities) Rules, 2011, maximum permissible error allowed is three per cent of the declared quantity.

- Kanodia had 65 grams less pickle – 935 grams pickle was found against 1,000 grams declared.
- Mum's had 54 grams less pickle – 446 grams were found against 500 grams declared.
- Tasty Treat had 30 grams less pickle – 270 grams were found against 300 grams declared.

#### Mould Count

It is an indicator of whether food is microbiologically fit for human consumption or not. In the NABL-accredited laboratory results, no mould count was detected in the pickle brands. This means that all are fit for human consumption.










#### Sensory Evaluation

All mixed pickle brands were evaluated by expert panellists at the food and nutrition laboratory of a reputed college of Delhi University.



## Packaged Food Series

### Packaging Material, Price, Net Weight, Shelf Life and Mould Count

Brands →	Mother's	Tops	Nilon's Premium	Great Value	Pachranga's Farm Fresh	Mum's	Tasty Treat	Haldiram's	Kanodia
Parameters ↓									
Packaging material	Glass	Glass	Glass	Glass	Glass	Plastic	Plastic	Glass	Plastic
MRP (Rs)	70.00	70.00	75.00	65.00	65.00	95.00	85.00 (Buy 1 Get 1 Free Scheme)	60.00	105.00
Net weight claimed (grams)	400	400	400	500	400	500	300	400	1000
Net weight found (grams)	415	409	420	540	424	446	270	408	935
Unit price of 100 grams (Rs)	17.50	17.50	18.75	13.00	16.25	19.00	14.17	15	10.50
Shelf life claimed (months)	18	18	18	24	18	18	12	12	12
Mould count (cfu/g)	Not detected	Not detected	Not detected	Not detected	Not detected	Not detected	Not detected	Not detected	Not detected

### Sensory Evaluation of Mixed Pickle (Weighted Average)

Brands	Appearance	Aroma	Taste	Texture/ Bite	Aftertaste	Overall Acceptability
Mother's	4.2	3.9	3.9	3.7	3.9	3.9
Nilon's Premium	3.9	3.4	3.5	3.7	3.4	3.5
Kanodia	3.5	3.2	3.3	3.7	3.3	3.3
Mum's	3.6	3.5	3.3	3.4	3.0	3.2
Tops	3.0	3.1	3.2	3.3	3.0	3.1
Haldiram's	2.7	2.8	2.9	3.0	2.9	3.06
Tasty Treat	3.6	3.2	2.7	3.2	3.0	3.0
Great Value	3.1	3.2	2.8	2.8	2.7	2.9
Pachranga's Farm Fresh	3.3	2.6	2.8	3.1	2.7	2.8

1: very poor; 2: poor; 3: average; 4: good; 5: excellent