

Confectionery and Snack Foods

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- Sugar confectionery: ingredients and manufacturing high boiled sweets, caramel, toffee, fudge, gums
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- Snack foods: history, status, manufacture - potato, nuts, cereal, meat and fish based
- Puffed and baked snacks
- Seasonings: ingredients, formulations, applications
- Quality control
- Packaging

Recommended Books

- Booth, G.R. 2012. Snack Food. Springer Science & Business Media, Van Nostrand Reinhold. New York.
- Panda, H. 2009. The complete technology on snack foods. National Institute of Industrial Research, New Delhi, India
- Lusas, W and Rooney, LW. 2001. Snack food processing. Technomic Pub. Co., Lancaster, UK
- Edwards, WP. 2000. The science of sugar confectionery. Royal Society of Chemistry, Thomas Graham House, Science Park, Cambridge, UK
- Jackson, E.B. 1995. Sugar confectionary manufactures. Blackie Academic & Professional, Glassgow, UK.

Introduction

Confectionery

“Confectionery is the art of making **confections**, which are food items that are rich in sugar and carbohydrates”

- **Examples:** hard candy, lolly pops, fudge

Snack Food

- A **snack** is a small portion of **food** eaten between **meals**
- **Examples:** Potato chips, Pop corns,

Significance

- Control hunger and craving
- Provide nutrition
- Increase energy level
- Control our weight

Classification

- The confectionery industry divides confectionery into three classes:
 1. Sugar confectionery
 2. Flour confectionery
 3. Chocolate confectionery

Sugar confectionery

Sugar confectionery.

Products rich in sugar

- This includes hard candy, toffees, fudge, fondants, jellies

Chocolate confectionery

Chocolate confectionery is obviously products made out of chocolate.

- This includes much of the sugar confectionery covered in chocolate, and usually chocolate bars and blocks

Flour confectionery

Flour confectionery covers items made out of flour.

- Baked fancy cakes, iced or chocolate covered, come within this group

Risk Factor

- Tooth decay
- Weight gain
- Type II Diabetes

Ideal Confectionery and Snack Foods

- Low in sugar
- Low | fat
- High in fiber
- Only small portion of food

Industries In Pakistan

Company

Major Products

- | | |
|--------------------|--|
| 1. Hilal | Candy, Bubbles, Jellies,
Chocolates |
| 2. Ismail Industry | Candy, Jelly |
| 3. Candy Land | Biscuits, Chocolates etc |
| 4. B.P Sweets | Lollypops, Biscuits,
Candies, Jelly |

Company

5. Cadbury's

6. Mayfair

7. Mitchles

Products

Chocolates, toffee

Candies, toffee

Toffee, Candies,
Jams, Sauces

General flow Diagram for Confectionery Food

- Balance the recipe
- Preparation of ingredients
- Mixing of ingredients
- Boiling
- Cooling
- Packaging