



## PREPARATION AND INGREDIENT DIVERSITY IN ‘SANDAN’: A TRADITIONAL JACKFRUIT SWEET DISH OF KONKAN REGION OF MAHARASHTRA.

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### ABSTRACT

In the present paper an attempt has been made to document the traditional procedure of *Sandan* (a sweet dish of jackfruit bulb) making in Konkan region of Maharashtra and Goa states of India. A variation in the ingredients and procedure is also documented. An attempt has been made to document an ideal method and ingredients which gives most delicious, tasty *Sandan* with good aroma. It can be further modified to cakes and pastries as a potential marketable product.

**KEYWORDS:** Jackfruit, Traditional recipe.

### INTRODUCTION

Konkan region is famous for traditional recipes. Typically wild fruits, flowers, leaves etc are used in a number of food recipes. One of the best example is ‘*Sandan*’ which is prepared using the pulp of jackfruit bulbs. Jackfruit is the native fruit of this region. It is used for food preparation in various ways. *Sandan* is one of the important sweet dishes. It is prepared by Sindhudurga, Ratnagiri and Raigad District of

Maharashtra and in the State Goa. There is a variation in the method of preparation and ingredients. Therefore, in the present paper the typical process and ingredients are documented. *Sandan* is considered as healthy and nutritious food. It may probably the first complete documentation of a food recipe prepared from Jackfruit. Uses of Jackfruit in nutritious recipes are rarely documented.<sup>[1]</sup>

## MATERIAL AND METHOD

Various villages of Goa State and the Konkan region of Maharashtra are screened for documentation of 'Sandan' recipe. The number of families preparing it were selected and interviewed to know the process as well as ingredient variation.

## RESULTS AND DISCUSSION

'Sandan' is also pronounced as 'Sanjan'. It is a sweet dish prepared using ripe jackfruit bulbs. Typically it is prepared by Brahmin community. It is mostly prepared during March to June when ripe jackfruits are available. Now a day it is prepared throughout the year using pulp preserved in the refrigerator.

### General process of preparing Sandan

#### Ingredients

In general pulp of soft bulb of ripe jackfruit is used. For solidification Rice *Rava*, for sweetening jaggery is used. For taste improvement grated coconut is added. Pure ghee is used to roast rice *Rava*.

#### Preparation

Bulbs of the soft variety of Jackfruit are separated and pulped in the sieve to separate fibers. Pulp is collected and used for *Sandan*. Rice *Rava* is roasted in pan on a flame by adding pure ghee. At the end of roasting grated coconut is added. A pinch of salt is also added. Then it is mixed with Jackfruit pulp and Jaggery. Water is used as per requirement (to make the mixture thin similar to Dosa dough). A pinch of turmeric powder is added to give fresh yellow colour. Generally it is steamed in 'Modak Patra' a special cooking vessel made for steaming Modaks and other steamed cuisines. Modak patra consists of three parts the base vessel for boiling water, a steaming plate for placing the cuisine which has to be cooked and a dome shaped lid to make circular motion to steam. Steaming plate is in the form of a sieve. It is covered with turmeric or banana leaves to avoid leakage of mixture. Turmeric leaves provide very good flavor to *Sandan*. The lid of Modak Patra is dome shaped and large in volume. Therefore, it allows streaming of steam inside. Sufficient amount of water is kept in the Modak Patra. Sieve is kept inside the Modak Patra by keeping some space above the water level. It is kept at boiling temperature constantly at least for 20 minutes. The time period depends upon the particle size of rice *Rava*.

After steam boiling mixture becomes solid. It is taken out and allowed to cool up to room temperature. *Sandan* is taken out of the sieve and cut into small pieces. It is served either with milk or coconut milk or ghee.

### Variations

A number of variations are documented in case of ingredients and process. Generally it is called as '*Sandan*' but sometimes it is pronounced as 'Sanjan'. With some modifications it is prepared in Goa as 'Dhonas'. For preparation of Dhonas mixture is prepared similar to *Sandan*, but finally it is boiled directly on the flame like Shira. Sometimes it is boiled or baked in the form of cake. It is served like Shira. The taste of Dhonas is not as good as *Sandan*. Direct flame boiling is not suitable to retain jackfruit flavor. Variations in case of ingredients and the process of preparing *Sandan* are documented in Table No. 1.

As per observations, it is clear that *Sandan* is prepared traditionally. It has somewhat common procedure. Few variations are observed. An attempt has been made to document an ideal method which gives most delicious and tasty *Sandan* (Table 2). It is validated by a number of families.

Value addition: Traditionally prepared *Sandan* is dry and delicious it can be marketed in the form of cake and pastries. It can be kept fresh up to 5 days if refrigerated. *Sandan* can be sold in hotels as breakfast food as well as in the form of packed foods in bakeries and malls. It can be cooked in large scale in the form of Idlies.



Table No. 1: Variations in case of ingredients and the process of preparing *Sandan*

Sr. No.	Ingredients	Category	Sub category	Peculiarity	Notes/Observations
1	<i>Rava</i>	Readymade <i>Rava</i>	Common bold grain <i>Rava</i> (Not of rice)	It is commercially available in market	Very rarely used
		Homemade Rice <i>Rava</i>	White rice <i>Rava</i>	Rice <i>Rava</i> pure	It is preferred to make the <i>Sandan</i> more dry and delicious
				Rice <i>Rava</i> Flour mixed	Cake like <i>Sandan</i> can be made using flour mixed <i>Rava</i> . In this case homemade <i>Rava</i> is used without sieving.
	Red Rice <i>Rava</i>	Rice <i>Rava</i> Flour mixed	It is locally available rice. It is rich in starch. <i>Sandan</i> becomes slightly sticky. The taste is comparatively good.		
2	Sweetening agent	Jaggery		Yellow coloured Jaggery is used	Most of the time only jaggery is used as sweetening agent. It gives unique taste and yellow colour to <i>Sandan</i> .
		Sugar			Sugar as sole sweetening agent is not used. It gives <i>Sandan</i> of inferior taste and colour. Sometimes Jaggery and sugar are used in the proportion of 3:1. It gives more dryness and deliciousness to <i>Sandan</i> . This gives bright yellow colour to <i>Sandan</i> .
3	Coconut	Grated fresh		It is roasted along with <i>Rava</i> .	It is strict ingredient of <i>Sandan</i> . It is added after half roasting of <i>Rava</i> . It gives mouth watering taste to <i>Sandan</i> . Very rarely dry coconut is also used.
4	Jackfruit bulbs	Ripened jackfruit bulb	Ripened jackfruit bulbs of soft variety	The bulbs are deseeded and sieved to have juice.	It gives typical aroma and taste. If it is thick, water is added at the time of mixture preparation
				The bulbs are deseeded and churned to have	It is practiced very rarely.

				homogenous mixture. It is directly used in <i>Sandan</i>		
			Ripened jackfruit bulbs of hard variety	Pulp is prepared from ripened bulbs by grinding in mixer	It is practiced rarely. Refrigerated bulbs are also used.	
5	Oil for roasting <i>Rava</i>	Pure ghee	Homemade or market available pure ghee is used	It is used in variable proportion.		
		Vegetable oil	Mostly refined oil	Used very rarely		
6	Additives for taste improvement	Flavor components	Kesar (Saffron)	Rarely used	Flavor component are actually not needed because jackfruit bulb juice has its own flavor and aroma	
			Ilaichi (Cardamom)	Rarely used		
		Other (Dry fruits)	Roasted Cashew nuts	Very commonly used		
			Almond	Rarely used		
		Charoli (seeds of <i>Buchanania Ianzan</i> )	Commonly used			
7	Coloring agent	Turmeric powder				
8	Leaves to put <i>Sandan</i> in sieve of Modak Patra	Banana leaves	Banana or plantain	It is made available from cultivated plants.		
			Rock Banana (' <i>Chavai Keli</i> ' in vernacular)	Available locally		
		Turmeric leaves		It is made available from cultivated plants.	It provides very good flavor to <i>Sandan</i> in combination with Jaggery	
		Other leaves	Pangara, Devkel etc.	Available locally		
9	Emulsifying agent	Eating Soda		A pinch	Rarely it is used for increasing the deliciousness	It leaves objectionable taste or smell
		Baking Powder		A pinch	Rarely it is used for increasing the deliciousness	

**Table 2: Ideal method giving most delicious and tasty *Sandan*.**

Step No.	Ingredient and process	Weight or volume of Ingredient.
1	Sieved pure juice of ripened bulbs of soft variety jackfruit	1 bowl
2	Roasted <i>Rava</i> (house made and flour mixed-with all particle size below 1.00 mm) on pure ghee	2 bowls
3	Grated fresh coconut roasted with <i>Rava</i> .	½ bowl
4	Turmeric powder added to roasted <i>Rava</i>	½ teaspoon
5	Yellow jiggery (cut into small flakes)	2 bowl
6	Water	To make the mixture thin, if required
7	Roasted cashew nuts	¼ bowl
	Deliciousness is improved if the mixture is kept for 1 to 2 hours prior to steam boiling. Therefore, use of eating soda and baking powder can be avoided.	
8	Poured on turmeric leaf in the sieve	Preferably fresh, dried leaves also can be used.
9	Steam boiling for 20 minutes in Modak Patra.	
10	Served hot with pure ghee	

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