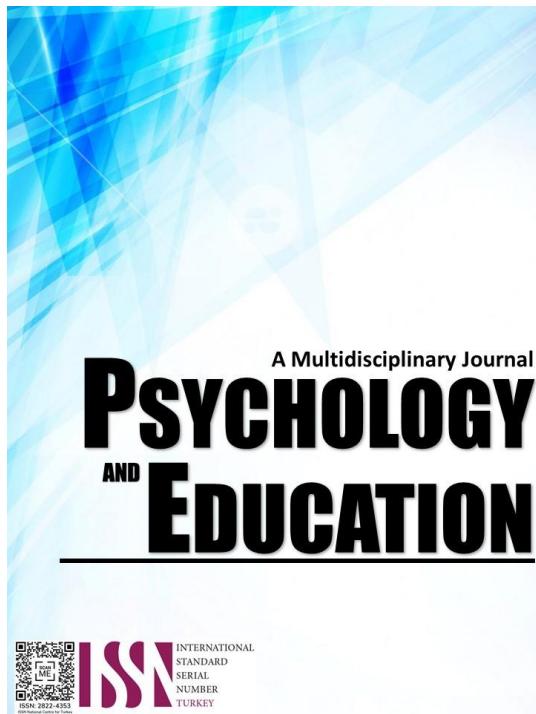


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The General Acceptability of Chili Sweet Potato Pie

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Abstract

The Philippines is rich in natural resources as a good source for culinary arts. Thus, this study was formulated to determine the acceptability of chili sweet potato pie. This study was conducted last August to December 2021 using experimental research methods. The researchers invited 30 bakers out of 50 available in the Municipality of Sara, Iloilo, Philippines, as evaluators. The finished sweet potato pies were subjected to organoleptic evaluation. The three categories are taste, general acceptability, and texture. Descriptive analyses were utilized. The results revealed that all thirty 30 selected bakers of pastries, pies, cookies, and cakes participated in the study. Fifteen were female, and fifteen were male. The mean scores were 4.5, 4.2, and 4.4, respectively, in taste, general appearance, and texture. The results showed very satisfaction in description and were verbally interpreted as "Highly Acceptable." Sweet potato pies enhanced with "*siling labuyo*" have great dessert potential. Northern Iloilo State University (NISU) should support the innovation by providing support and motivation. Also, this is a call for a Bachelor of Science in Agriculture in NISU Barotac Viejo and Batad Campuses to concentrate on producing sweet potatoes and "*siling labuyo*" on their available land areas. The availability of raw materials in the regions is essential in product or food development.

Keywords: acceptability, sweet potato, bakers, "*siling labuyo*", pie, bakers

Introduction

Desserts are known in many cultures and are served at the end of every meal. Desserts are commonly sweet and creamy food but are high in sugar and fat (Alja and Talens, 2012). Most people enjoy desserts. Milk-based desserts can be a healthy, enjoyable way of getting vitamins, minerals, protein, and calories (kilojoules) (Inverell Meals on Wheels, 2019). Cakes and pies are also considered desserts. Many people love to eat desserts after a full meal.

Appropriately, the sweet, sugary confections that most of us love to eat are often considered unhealthy and avoided. Dessert is delicious, but it also helps you keep a balanced diet. Eating healthy doesn't mean only eating tons of vegetables. Modifying cakes with vegetables, consumer-type and expert panelists consider nutrients and aesthetic appeal for acceptability of the proposal (Lumiked, 2015). Dessert can help you receive your daily amount of required nutrients (Barry-Smith, 2022). Thus, desserts can also provide nutritional value.

In the Philippines, desserts are also one of the main attractions in restaurants and on any occasion. For instance, the infamous halo-halo is an easy crowd-pleaser. "Halo" is a Tagalog for a mix; hence, Halo-halo is a mixture of various ingredients. Form crushed ice topped with nata de coco, beans, sago pearls, jelly, sweetened saba banana, sweet potato, coconut, purple yam jam, evaporated milk, Leche flan, *ube* ice cream,

jackfruit, and fried *pinipig*. Another famous dessert is the "*buko pandan*," a tropically perfect treat. This simple, delicious dessert has the recipe of shredded young coconut, screwpine leaves, gelatin, cream, and condensed milk. The ingredient makes the dessert creamy and aromatic but best served if cold on a hot Philippine day. Leche flan, the Philippines' version of caramel pudding, is daring sweetness and richness that is silky on the palate. Sweet steamed rice cake is another delicacy in the Philippines. *Puto* in the local dialect is perfect for savory pork blood stew. Since the Philippines is well-known for rice, another steamed rice cake is the sticky soft, spongy, and slightly rubbery called "*Kutsinta*."

Additionally, they are not usually found in the restaurant because street vendors carry two aluminum buckets shouting "*Taho*." "*Taho*" is a morning snack of *Tufo*, syrup from brown sugar, and sago pearls. Typical street desserts are "*turon*" and banana or camote cues (Escalona, 2017).

But in this study, the researchers focused on making pies enhanced with local raw materials. Pies were already available in ancient Egyptians made of meats—however, the Romans spread pies around Europe. Today's pies are based on American culture—the apple pie (American Pie Council, 2019). But through the years, pies evolved drastically by innovation using local resources. Nowadays, we have 25 varieties of pie, from strawberry to coconut, pumpkin and blueberry, and more (Smith, 2021). In the Philippines, *buko* pie is the famous one. The

abundance of coconut in the country pushed Filipino bakers to venture into buko pie (Mack, 2013). Buko pies are everywhere; every city has its version of mouth-watering creamy, delicious buko pies.

Sweet potato is locally known as "camote" in the Philippines. *Ipomoea batatas L.* or sweet potatoes are highly-produced staple foods in Asian countries (Ramirez, 2021). A dicotyledonous plant that belongs to the family of Convolvulaceae is the most precious tasting root vegetable. Furthermore, it is considered one of the most important due to its health benefits found in the tubers and leaves (Giango and Naero, 2017). The thickened roots are rich in carbohydrates, starch, minerals (Ca, Mn, Cu, Fe, P, K), and vitamins (β-carotene, vitamin C, B6) (Dinu and Rodica, 2015). In the Philippines, sweet potato production increased from 516 thousand metric tons in 2011 to 547 thousand metric tons in 2020 (Statistia Research Department, 2021). Sweet potato is native to Central America but later introduced by the Spanish in the Philippines. Thus, it became the widely grown crop product in the country. Sweet potatoes can develop any time of the year and require a little fertilizer and other farm inputs. Thus, the Philippines facilitated sweet potato production economically and environmentally (DOING HOLDING, 2019). Hence, sweet potato as a raw material for pie is a trend in Filipino delicacies.

Sweet potato can be further developed as a sustainable crop for various nutritionally enhanced and value-added food products to promote human health (wang and Zhu, 2016). Many prior culinary arts of sweet potato include sweet potato bread, sweet potato cupcakes, sweet potato jam, sweet potato puree, and candied sweet potato (Ramirez, 2017). Sweet potato is one of the primary staple food nowadays. Thus, it has found its niche in the global market. Filipino farmers saw potential in sweet potato farming. In Camarines Sur, the Philippines, a study examining the factors affecting the profitability of sweet potato production showed a higher financial return of 144%, or P48,000.00 per hectare (Lirag, 2019).

The Food and Nutrition Research Institute (FNRI) introduced the enhanced nutribun (e-nutribun) with sweet potato as the main ingredient with a sweet and milky taste. The serving of each nutribun has 507 calories, 356 mg. of calcium, 17 grams of protein, 5 mg. of iron, and 612 micrograms of Vitamin A. The primary purpose of this innovation is to alleviate malnutrition caused by COVID 19 pandemic (Arayat, 2021).

A study about cookies from a sweet potato-maize flour blend revealed reduced proteins, moisture, crude fiber, and fat. The sugar content for sweet potato flour substitution is higher. Thus, the study results have significant value for the bakery industry. With 40% optimum level substitution for sweet potato flour, the results showed a favorable view for practicability. Furthermore, a study about the substitution of sweet potato flour revealed that ash sugar contents were increased. At the same time, the calorific value of the cookies decreased. Thus, the negative side acceptability changed significantly. But, sweet potato flour makes superior to imported flour like wheat (Sadeyeye and Akingbala, 2015).

Sweet potato, specifically the purple one as the main ingredient for Filipino delicacies "Puto," showed highly acceptable aroma, nutritional values, and presentation. Thus, the level of acceptability of sweet purple potato for "puto" was outstanding (Vagilidad et al., 2020).

Table 1 shows the major sweet potato producing regions in 2019 (Department of Agriculture, 2021)

Table 1. Major sweet potato producing regions in 2019 (Department of Agriculture, 2021)

Region	Metric Tons
Region VII	47,832
Region V	14,960.7
Region XIII	13,596.9
Region IV A	11,553.1
Region X	11,291.8

The availability of sweet potatoes in the market has excellent potential for local delicacies with a twist. All the major producers of sweet potatoes can provide enough resources for any product development. Also, Northern Iloilo State University offers a Bachelor of Science in Agriculture. The vast land available in Batad Campus and Barotac Viejo has great potential for sweet potato production. Thus, this study was formulated. But in this study, the researchers utilized the sweet orange potato. This sweet potato is rich in Vitamin A (Benguet State University, 2019). Orange-fleshed sweet potatoes (OFSP) are considered a resilient crop. Aside from vitamins, it is also rich in carbohydrates and minerals. OFSP is high-yielding that can create edible energy compared to wheat, rice, or cassava per unit area (Mahmud et al., 2021). OFSPs are also commonly available in the Province of Iloilo.

Sweet potato pie made a debut in the 18th century as a beloved dessert by the Black community. But history revealed sweet potato pies originated in Peru, where the sweet potato was first cultivated (Miller, 2015). The richness of soils in the Philippines is suited for sweet potato planting. Hence, sweet potatoes are everywhere, even in the Province of Iloilo. The abundance of the resources has potential for pie-making.

Furthermore, the proposed research is enhanced with "*siling labuyo*," or wild chili in English. *Capsicum frutescens* belongs to the Solanaceae family, a pantropic plant. *Siling Labuyo*, or Red bird's eye chili in Thailand, is commonly identified in the Philippines but originated in Central and South America (Casio et al., 2021; San Jose, 2021). The pepper is rich in Vitamin A, calcium, iron, and phosphorous. They are mainly the ingredient in "*sinamak*," a local Filipino vinegar sauce or condiment (Sunstar, 2014).

Abundantly in the Philippines, Cayenne pepper can give health benefits to a person with a phlegmatic temperament. It contains anti-cancer, anti-inflammatory, antioxidant, immunologic, anti-diabetic, and hypoglycemic properties (Guyamin et al., 2016). Furthermore, "*siling labuyo*" is used as local medicine and dubbed "one of the most powerful medicinal plants in the world." (Bolido, 2016). Thus, "*siling labuyo*" has excellent potential as a food enhancer. This study was formulated.

Furthermore, "*siling labuyo*" as dessert was already invented and introduced by the 1st Colonial Grill in 2004. "*Siling labuyo*" and coconut milk are local symbols in Bicol. The ice cream has become a hit with local and foreign tourists (Borja, 2019; Jaucian, 2016).

Sweet potatoes are easily cultivated in Northern Iloilo, Philippines. The abundance of these raw materials is commonly found during market days around the district. But the "*siling labuyo*" are expensive and hard to find. This study also recommends that Northern Iloilo State University campuses with the course of Bachelor of Science in Agriculture focus on producing "*siling labuyo*" in their vast land area. Also, this will become local raw materials in the Northern Iloilo, Philippines. Hence, this study determines the acceptability of chili sweet potato pie.

Methodology

Research Design

This study used the experimental method of research.

Materials, Tools, and Equipment

The tools and equipment were a pastry brush, wooden spoon, pastry blender, rolling pin, food blender, measuring cups, pie pan, measuring spoon, mixing bowl, glaze paper, and peeling knife. The raw materials for the pie crust were all-purpose flour, iodized salt, margarine, sugar, and cold water. The filling is sweet potatoes (cooked), evaporated milk, condensed milk, sugar, chili, and egg wash.

All these materials, tools, and equipment are found in the Hotel and Restaurant Management Laboratory of Northern Iloilo State College, Victorino Salcedo Campus. A letter of request was submitted to the College Administrator and addressed to the laboratory in charge for approval. The facilities were utilized for five months, from August to December 2021.

Preparation of the Main Ingredients

Figure 1 represents the preparation of sweet potato.

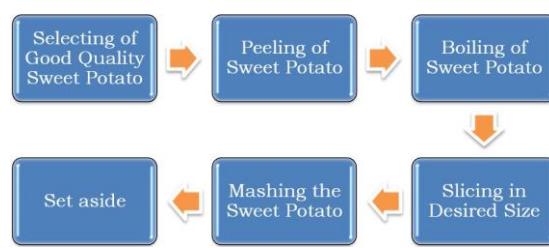


Figure 1. Showing the Flow and Sequence of preparation of Sweet Potato.

The good quality sweet potato was brought from the Municipalities of Lemery and Barotac Viejo and during the market day in the Municipality of Sara, Iloilo, Philippines. There were enough supplies because many farmers were into sweet potato farming in Northern Iloilo. Sweet potatoes. The price for sweet potatoes is P65.00 per kilo.

Then, the sweet potatoes were peeled using a peeler and placed inside a bowl with water to avoid discoloration. Wash the peeled sweet potatoes and put them inside a casserole for boiling. After they are boiled for desired minutes, slice them into small sizes before mashing and set aside.

Figure 2 shows the flow and sequences of preparation of Chili Paste

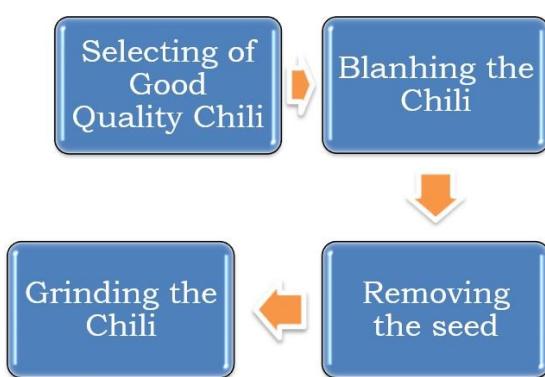


Figure 2. Showing the Flow and Sequence of preparation of Chili Paste

"Siling labuyo" was also bought from Sara market imported from Municipality of Leon, Iloilo, Philippines for 200 pesos per kilo. A good quality "siling labuyo" was selected to have good products. At that time, upon arriving in the laboratory, the chili was blanched and ground. The seed was removed.

Figure 3 shows the preparation of the dough.

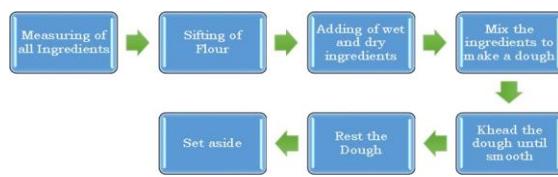


Figure 3. Showing the Flow and Sequence of preparation of Dough for Pie.

Measure the all-purpose flour before sifting. Add salt and sugar and mix well by kneading. Then, add

margarine and pour in enough cold water. Knead until desired consistency and smoothness and rest for 20 to 30 minutes. Divide the dough into two (2) parts and set it aside. Preheat the oven to 350 °F degrees for 15 minutes. Bake the dough using a pie pan for formation for 15 minutes.

Table 4 shows the preparation of the pie.

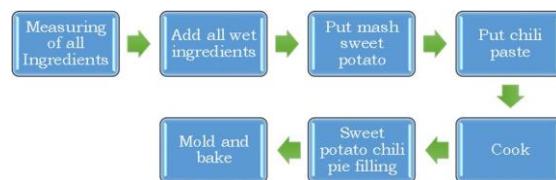


Figure 4. Showing the Flow and Sequence of preparation of Pie.

The blended sweet potatoes are mixed in evaporated milk, condensed milk, sugar, and vanilla. Add the desired amount of chili. Blend well. Use one part of the flattened dough as an underliner in a pie pan. Then put pie filling. Top with the other part of the flattened dough and close the edges of the dough. Glaze with egg wash for a golden brown finish. The pie was baked for 25 to 35 minutes at 375 °F. It may be served hot or chilled.

Results and Discussion

Table 2 shows the distribution of frequencies and percentages of the respondents. All respondents were found to be the bakers of pastries, pies, cookies, and cakes of the municipality of Sara in the northern town of Iloilo of the sample size.

Table 2. Distribution of Respondents

Population	No. of Respondents	Total Percentage
30 selected bakers of pastries, pies, cookies, and cakes	30	100%
Total	30	100%

There were 42 barangays in Sara; thus, around 50 bakers exist in the municipality. Thirty of them specialized in pastries, pies, cookies, and cakes. They

were selected randomly because of their expertise which could significantly help this study.

One of the main reasons consumers purchase bread and pastry is quality and freshness. Also, the quality of the dough is essential (Talens, 2016). Thus, these thirty experts were chosen because they can help evaluate the product. They can also help in pricing the products because of their experiences.

Table 3 shows the distribution of frequencies and percentages of the respondents in terms of gender. Respondents were categorized as male and female.

Table 3. Distribution and Percentage of Respondents according to their gender

Gender	Frequency	Percentage
Male	15	50%
Female	15	50%
Total	30	100%

Out of 30 bakers in the municipality of Sara who took the survey questionnaires, purposively selected 15 or 50% male and 15 or 50% female of the sample size. This sample was chosen to collect ideas from the same gender. In the United States, the record showed in 2020, 35.9 percent of bakers were men (Statista Research Department, 2022).

Foodservice industry aspires to prove that gender no longer impacts one's work, success, or recognition. Professionals must still recognize how gender roles affect individuals' interests, thoughts, behaviors, and workplace culture (Szmodis, 2018).

Table 4 shows the mean level acceptability of the chili sweet potato pie as perceived by 30 bakers of pastries, pies, cookies, and cakes of the municipality of Sara, in the northern town of Iloilo in terms of Taste, General Appearance, and Texture.

Table 4. Mean Distribution of the Respondents in terms of Taste, General Appearance, and Texture

Taste	General Appearance	Texture
42.5	4.2	4.4

The study showed 4.5, 4.2, and 4.4, respectively. The means revealed the product was interpreted as "Highly Acceptable." Based on the preceding results, we concluded that the mainstream bakers in the Municipality of Sara, in the northern town of Iloilo, are open to new products and innovations that use locally available ingredients such as sweet potato, integrating chili to give a spicy flavor.

Sweet potato pastry has a natural, earthy vibe. The sweet flavor from the sweet potato balances the texture. The general appearance of the pie is also contributed by the sweet potato (Richard, 2021).

Furthermore, the nutritional value of sweet potato and chili are significant factors in the pie. This aspect contributed to the evaluation of the thirty bakers on the acceptability of the chili sweet potato pie.

Conclusion

This study was formulated to determine the acceptability of chili sweet potato pie. The results revealed that all thirty 30 selected bakers of pastries, pies, cookies, and cakes participated in the study. Fifteen were female, and fifteen were male. Their long experiences in terms of dessert making helped a lot in this study. The mean scores were 4.5, 4.2, and 4.4, respectively, in taste, general appearance, and texture. The results showed very satisfaction in description and were verbally interpreted as "Highly Acceptable." Sweet potato pies enhanced with "*siling labuyo*" have great dessert potential—the sweet earthy flavor of sweet potato to the texture and general acceptability of the pie. Also, the unique blend of "*siling labuyo*" adds to the curiosity of the evaluators. In addition, the nutritional values provided by sweet potato and chili significantly contributed to the study results. Northern Iloilo State University (NISU) should support the innovation by providing support and motivation. Also, this is a call for a Bachelor of Science in Agriculture in NISU Barotac Viejo and Batad Campuses to concentrate on producing sweet potatoes and "*siling labuyo*" on their available land areas. The availability of raw materials in the regions is essential in product or food development. Also, the local government units (LGUs) in northern Iloilo should be tapped to be part of this endeavor. They should be the instrument to motivate local farmers to venture into sweet potato and chili farming. That all local raw materials are easily available in the district.



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