E2-27 : EFFECT OF HEAT PROCESSING ON THE CAROTENOID OF GOTUKOLA (*Centella asiatica*)

N G T S Panditharatne, T M S Atukorale, M B Gunasekera, A S Amarasekera*
*Dept. of Chemistry, Faculty of Science, *Dept. of Biochemistry,*
Faculty of Medicine, University of Colombo,

In developing countries, major part of the vitamin A requirement The objective of this study was to investigate the effect of heat processing on the ß-carotene content of leafy vegetable, Gotukola *(Centella asiatica)*.

β-carotene content of fresh, cooked (at 80°C in water) and processed ("Kolakenda") Gotukola leaves were studied. β-carotene was separated from total carotenoids by column chromatography and the content was estimated by absorption spectrophotometry. β-Carotene content of the fresh leaves was found to be significantly reduced when processed at 80°C (p 0.001). However, when Gotukola was prepared as "Kolakenda" which contains grated coconut, there was no significant reduction in the β- carotene content. These results suggest that Gotukola prepared as "Kolakenda" retained more of the β-carotene present in the fresh leaves, probably due to the presence of fat in coconut which may give thermal stability to β-carotene at a high temperature.