

***Telescopium Telescopium* – An Excellent Mesogastropod For  
Preparation Of Good Recipes.**

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**Abstract**

Marine organisms are a major source of food . which are gaining a lot of interest from the scientific community for their nutritional value , and potential role in the functional food and nutraceuticals industry . Shellfish and other aquatic organisms acceptable for food and feed are of worldwide value. Sea food is an eminent source of protein of high biological value. *Telescopium telescopium* is one of the commercially important sources of sea food, their utilization is not popular like other sea food due to the lack of perception combined with the conservative food habits of the people in india .In the present study,the precooked meat of foot and mantle of the gastropod *Telescopium telescopium* is used for the preparation of good and tasty recipes such as soup, curry and cutlets. It can be taken as fresh or in the frozen form. The meat of gastropods are also devoured as food, due to its high nutritional and medicinal value and are free of cholesterol. The first impression of a food is usually visual and a major part of our willingness to accept a food depends on its appearance. The panel of judges vouched safe for taste and delicacy of the dishes in the present study. The panel detected that the dishes were a lot of as good as those created out of the much sought after seafood in taste, smell and flavor. It is considered as better food for the patients with cardiac disorders.

**Key words :** *Telescopium telescopium* , Recipes, Seafood. Soup, Cutlet, Curry .

**Introduction :**

The food industry has unequivocally established itself as an important revenue generating sector<sup>1</sup> while depending on variety of sources for raw materials. Marine organisms are a major source of food . which are gaining a lot of interest from the scientific community for their nutritional value , and potential role in the functional food and nutraceuticals industry . molluscs are the most note worthy group of marine organisms in this regard. <sup>2</sup>

Gastropods are the enormous and most various group of molluscs The molluscan fauna of mangrove ecosystem is relatively poor in species, but the family Potamididae is usually present and are easily found on the trunks and roots of mangroves and on the substrate beneath the trees<sup>3</sup>. The mangrove ecosystems are rich in organic matter and nutrients and provide food ,substrate and shelter for potamididae<sup>4</sup>. Some potamidids are also used as a food source for human <sup>5</sup>.

The gastropods meat are used for the preparation of useful recipes such as curry, cutlet , soup , noodles etc. some of the earlier works on the recipe preparation of gastropods include those of *Chichoreus ramosus* and *Fuciolaria trapezium*<sup>6and 7</sup>.The gastropod *strombus canarium* is used for the preparation different recipes . <sup>9</sup>Prepared some good recipes from the meat of the gastropod *Fusinus nicobaricus*.

*Telescopium telescopium* is one of the commercially important sources of sea food, their utilization is not popular like other sea food due to the lack of perception combined with the conservative food habits of the people in india . Hence , in the present study the gastropod *Telescopim telescopium* meat has been used for the preparation of good recipes such as soup, curry and cutlet .

**Materials and method****Pre-cooking process**

*Telescopim telescopium* were collected from Punnakayal mangrove region. The animals were brought to the laboratory, cleaned and the soft parts

were removed from the shell boiled in water for 20 minutes, the edible portions such as foot and mantle were cut into small pieces according to each dish ,after thorough washing the pieces of the meat were pressure – cooked and used for preparing all dishes.

The following dishes were prepared from the meat of *Telescopium telescopium* and the ingredients used and methods of preparations are given below.

## **Soup:**

### **Ingredients:**

Foot meat -500g

Large onion (finely chopped )-200g

Ghee-50g

Garlic paste – 25g

Ginger paste – small piece

Cumin seeds -25 g

4 slices of dry and toasted bread

¾ cup of tomato sauce

¼ cup of sweet chilli sauce

¼ cup of soyasauce

1 ½ cup teaspoons of salt

## **Method**

The meat was boiled and the juice was extracted . The spices tomato , chilli and soya sauce were added in required quantities . The cooked soup was filtered well and at last the toasted dry bread was added and served hot.

## **Cutlet**

### **Ingredients**

Potato – 2

Carrot-2

Beans-2

Onions-2 (finely chopped )

Coriander leaf – half bunch

Ginger garlic paste -1 spoon

Chilli powder – 1 ½ spoon

Garam masala – 1 ½ spoon

Green chillies – 2

Meat of *T.telescopium*– 1 cup

Salt – required amount

### **Method**

Boiled potatoes were smashed well. The boiled and finely chopped meat of *Telescopium telescopium* and finely chopped and boiled carrot, beans and onion were added to the smashed potatoes. Ginger garlic paste , garam masala, chopped green chillies, pepper powder and chilli powder were added to the smashed potatoes . The meat was also added and smashed well. Then the mixture was made into cutlet of different shapes and fried in oil. The cooked cutlets were served along with chatni.

## **Curry**

### **Ingredients:**

Meat of *Telescopium telescopium* -5 nos

Onion – 2 (chopped)

Chillies-2( chopped )

Ginger garlic paste -1 cup

Curd – 1 cup

All spices – 1 teaspoon

Chilli powder- 1 teaspoon

Turmeric powder – 1 teaspoon

Salt – required amount

Coconut paste – 1 cup

Coriander and mint leaf – required amount.

### **Method**

Oil was taken in a pan . chopped onion, chilli and tomatoes , ginger , garlic and curd were added one by one till it turned brown . The the meat was added to it by adding chilli powder, turmeric powder and salt at the required amount , necessary amount of water for boiling if necessary was added. Coconut paste was added to the curry as per the required taste . It was boiled well and coriander leaves were added . At last garnishing was done using mint and coriander leaves.

The sensory evaluation of the dishes were carried out by serving the sample to the investigators. The organoleptic scores of dishes include color, appearance , flavor, texture , taste and overall acceptance was determined by using hedonic scale of 1 to 9 .<sup>8</sup>

The evaluated average organoleptic scores of all the recipes of study animal *Telescopiumtelescopium* were shown in **table 1**. The prepared dishes were displayed in **plates 1-3**.

**Result & Discussion**

**Table 1.** Average organoleptic scores of the dishes prepared from *Telescopium telescopium*

S.No	Dishes	Color	Appearance	Flavor	Texture	Taste
1	Soup	4	5	4	4	4
2	Curry	4	5	4	5	4
3	Cutlet	4	5	5	5	4

**Excellent – 5 ; Good – 4; Fair – 3**

**Plate 1-Soup**



**Plate -2 : cutlets**



**Plate – 3: Curry**



A panel of 25 investigated the dishes prepared from the gastropod *Telescopiumtelescopium* . the organoleptic scores include colour, appearance ,

flavour, texture and taste . the evaluated average organoleptic scores of all the recipes for the experimental animal *Telescopium telescopium* were given in Table . 1. And the prepared dishes are Displayed in Fig : 1.

In order to popularize the utilization of gastropod meat by the people.The present study has been carried out . The meat of the gastropods are not only tasty but also a nourishing food and free of cholesterol . It is considered good for cardiac disorders.

The first impression of a food is usually visual and a major part of our willingness to accept a food depends on its appearance. Appearance is a compounds of all the information about the food and its environment which reaches the eye.<sup>10</sup>

**Colour grabs attention** : People enjoy food more and perceive it more enthusiastically when it has visual appeal . Parts of the acceptance of a food depends on how it looks.Flavour is a combination of aroma and taste . Aroma is what food smells like and happens via the nose, while taste is experienced via receptors in the mouth when one chews food.Texture is the make or break attribute of a food . Flavour is often cited as the most important factor of acceptance by consumers . However , when it comes to the final decision , texture usually wins.

In food products , especially meats , the consumer often assess the initial quality of the product by its colour and appearance . In food processing and cooking , colour serves as a are for the doneness of foods . Scientific studies have also shown that the colour of the product affects our perception of other attributes such as aroma, taste and flavour .<sup>11</sup>

In the present study the appearance of soup , curry and cutlet prepared from *Telescopium telescopium* was excellent and appreciated by the panel list by providing maximum score (5) . The findings of the present study agrees well with the study of<sup>12</sup>The panel of judges cutified that the meat of the *Telescopium telescopium* is safe for taste and delicacy of the dishes . They have predicated the prepared dishes were good in taste , smell , flavour and texture.

**Conclusion:**

Malnutrition is a complex issue for india . Many among the population live in poverty are not able to obtain as much food as they need. What is really needed is easily available , affordable and palatable food. Molluscans are underutilized protein rich and readily available sources . The present study confirms and popularizes new recipes from the unpopularized gastropod *Telescopium telescopium* which will definitely alleivate the malnutrition problems to certain extent in the near future.

## CONFLICT OF INTEREST

Conflict of interest declared none.

## AUTHORS CONTRIBUTION STATEMENT

Under the guidance of Dr.R.D.Thilaga (Second author), the first author collected the animal samples and prepared all the three dishes in the laboratory of St.Mary's college (Autonomous) , Thoothukudi.

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