Haskap makes a great a food dye!

Part 3: Mixing Haskap with milk and milk-like drinks

By Dr. Bob Bors

For this demonstration Haskap fruit was partly thawed and put in a food processor to make puree. Juice resulting from thawing fruit was also used with cream and dream whip. Puree was added to 5 milk drinks: Coconut milk, Whole and 2% Milk, Soy milk and Rice Milk. Figure 1 shows the milk brands used and the resulting colours at a 10% haskap Juice level.

Figure 1. Five types of milk that were mixed with haskap puree. The glasses show mixtures that were 10% haskap.

Colours were more intense when Haskap concentrations were increased to 20% except for rice milk which look similar (Figure 2). At a 10% levels, the flavour of haskap was hardly detectable.

At 20% levels, differences were noted between the different types of milk. Coconut milk still tasted like coconut. Both whole and 2% milk curdled and so we didn't taste them. But soy and rice milk both tasted like haskap. I was quite surprised with the soy milk because I truly dislike the flavour of soy milk, but with Haskap added I enjoyed and drank all of it. I thought the flavour was much better than Rice + Haskap Milk.

Later, we adjusted Haskap juice to pH7 before adding it to milk. The milk did not curdle, but the colour was not as intense and looked light purple gray. Haskap flavour could be detected but still the Soy + Haskap tasted the best.

Figure 2. Haskap added to various milk products at 10 and 20% levels. From left to right are: Coconut, whole, 2%, Soy, and Rice milk.

Whipped toppings

Haskap juice was also added to Dream Whip and whipping cream. See figure 3. (Note: Dream Whip uses milk and is a dairy product). For this demonstration, both whipped cream and Dream Whip were created first and juice or puree were mixed in afterwards. Very similar colours resulted when juice or puree was added to whipped cream. It is interesting to note that colours were different for ¼ tsp puree compared to ¼ tsp natural juice. The puree must have been more acidic than juice. There could also be differences in concentrations of dyes.

The whipped cream had a rougher texture than Dream Whip. This did not seem to be caused by curdling but rather just the nature of whipped cream. We did not try adding juice before whipping the cream. The extra moisture might make whipping less feasible. Haskap flavour did not come through when added to Dream Whip and whipping cream.

Future experiments?

Perhaps a haskap powder or more concentrated juice added before whipping could result in a smoother look for the whipped cream. A more concentrated haskap, juice or powder, should result in more intense colour and haskap flavour coming through. One would want to be alert for curdling if the concentrate was added before whipping.

Figure 3. Haskap juices or puree added to Dream Whip or whipped cream. The amount and kind of Haskap is listed the centre. Each container had four heaping tablespoons of one of the dairy products.

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