# **Physicochemical and Sensory Analysis of Cocoa-Coffee Blend Drink Using the Check-All-That-Apply (CATA)**

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*Abstract***—** Chocolate drinks are widely consumed due to their rich flavor and polyphenol content. Previous research has highlighted the flavor richness and high polyphenol content of Arabica coffee. This study aims to examine the effects of adding Arabica coffee on the physical characteristics and sensory profiles of chocolate drinks. The composition of the chocolate drinks used in this study includes fermented cocoa powder, Java Preanger Arabica coffee powder, Cascara Arabica, and stevia sweetener. Physicochemical analysis methods encompass color testing, pH measurement, and total soluble solids (TSS) determination. The five tested formulations resulted in a slightly dark yellowish-red color, with pH values ranging from  $5.82 \pm 0.10$  to  $6.22 \pm 0.08$ , and TSS content ranging from  $5.17 \pm 0.76$  to  $5.90 \pm 0.46$ . In addition to physicochemical analysis, sensory analysis was conducted using the Check-All-That-Apply (CATA) method facilitated by XLSTAT. Although no formulations matched the ideal product, the most preferred formulation consisted of 80% cocoa and 20% coffee, attributed to its sweet flavor. With lower percentages of coffee addition, attributes such as chocolate flavor, sweetness, caramel flavor, and milk flavor became more prominent in the chocolate drinks.

*Keywords*— *Arabica coffee, cascara,* **chocolate drinks,** *check-all-that-apply (CATA), physicochemical profiles, stevia.*

Received: 2 June 2023 Accepted: 16 June 2023

### **INTRODUCTION**

Several chocolate drink products available in the market commonly contain additional ingredients such as milk and cane sugar (sucrose), resulting in a chocolate drink that is highly favored by consumers. Based on previous studies (Dogan et al., 2016; Wijanarti et al., 2020), the addition of milk and sugar (sucrose) concentration has shown a positive correlation with consumer acceptance. However, higher concentrations of added milk in chocolate drinks lead to lower extraction efficiency of phenolic compounds (Belščak-Cvitanović et al., 2010). Moreover, the excessive consumption of sucrose as a sweetener needs to be limited due to its association with various diseases, including diabetes (Prinz, 2019). Stevia, with zero calories, has been considered a healthier alternative sweetener compared to sucrose, which contains 4 kcal/g (Ashwell, 2015). Therefore, stevia can be used as an alternative sweetener in chocolate drinks to create a healthier chocolate drink. In addition to its positive health impacts, using stevia as an alternative sweetener in chocolate drinks produces a balanced sensory profile compared to other alternative sweeteners (Belščak-Cvitanović et al., 2010).

Based on the research conducted by Muktiningrum et al. (2022), chocolate drinks with high polyphenol content have a dominant bitter taste and low sweetness intensity.

Therefore, other flavor-rich ingredients need to be added to enhance the taste of healthy chocolate drinks, such as Java Preanger Arabica Coffee. According to ig.dgip.go.id, Java Preanger Arabica Coffee has a distinctive sensory profile with a clean sweet taste, balanced acidity, and a strong aroma with rich nuances of flowery, floral, herbal, fruity, spicy, and very sweet notes. In addition to their taste properties, coffee and cascara are rich in functional compounds such as caffeic acid, chlorogenic acid, coumaric acid, ferulic acid, sinapic acid, hydroxycinnamic acid, and melanoidins, which play an important role as antioxidants (Esquivel & Jiménez, 2012).

Currently, there are various consumer-based sensory analysis methods, one of which is the Check-All-That-Apply (CATA) method. CATA is a multiple-choice question where respondents are presented with a list of words or phrases and asked to try the product, then answer the CATA question by selecting all the terms they find appropriate, marking each sample, without a limit on the number of attributes that can be chosen. This method is used as it allows for rapid collection of consumer perception information regarding the sensory characteristics of a food product (Ares & Jaeger, 2015).

This research aims to determine the physicochemical characteristics and sensory profiles of cocoa-based drinks with varying additions of Java Preanger arabica coffee and cascara. The study is conducted as part of chocolate drink product development. The substitution of coffee and cascara in this chocolate drink is expected not only to add functional value beneficial to consumer health but also to enrich the flavor of the resulting chocolate drink, making it appealing to consumers. Cascara and stevia are used in this study as additional ingredients in the chocolate drink formulation, with fixed percentages added to all formulations.

### MATERIALS AND METHODS

# *A. Ingredients*

The ingredients used in this study include 100% fermented cocoa powder brand "Oh Java," Single Origin Java Preanger Specialty Grade Arabica coffee (ID G 000000022), Arabica cascara (ID G 000000022) brand "Netisane," stevia sweetener brand "Tropicana Slim" (composition: sorbitol, erythritol, steviol glycoside, stabilizer). The Java Preanger Arabica coffee used is medium-roasted with a medium grind size. The Arabica cascara brand "Netisane" is the organic single-origin coffee cherry husk from Gunung Puntang Farm, processed using the continuous fermentation honey process method.

## *B. Preparation of Chocolate Drink*

The Arabica coffee and cascara are directly weighed using a drip bag container, while the cocoa powder and stevia sweetener are weighed using a glass container. After weighing, the Arabica coffee and cascara in the drip bag are suspended over a glass containing the cocoa powder and stevia sweetener. Then, brewing is carried out for the Arabica coffee and cascara using water at a temperature of  $90\pm3\degree$ C. While waiting for the brewing process to complete, the mixing process is also conducted to dissolve the cocoa powder and stevia sweetener. After the brewing process is finished, stirring is performed again until all the components are thoroughly mixed.

F1	F2	F3	F4	F5			
3.7			-4.9	5.3			
2.9				1.3			
1	1	1	1	1			
2.6		2.6	2.6	2.6			
90	90	90	90	90			
F1 (931) = $56\%$ : 44% (Cocoa: Coffee) $F2(243) = 64\% : 36\%$ (Cocoa : Coffee) F3 $(751) = 68\% : 32\%$ (Cocoa : Coffee) F4 $(482) = 74\% : 26\%$ (Cocoa : Coffee) F5 $(369) = 80\% : 20\%$ (Cocoa : Coffee)							
			2.6	4.2 4.5 $2.4$ $2.1$ $1.7$			

Table 1. Chocolate Drink Formulation

# *C. Color Analysis*

The color analysis of the samples was measured using a chromameter at room temperature. Each formulation was

identified for differences in color using the  $L^*$ ,  $a^*$ ,  $b^*$  values.  $L^*$  represents brightness,  $a^*$  represents redness, and  $b^*$ represents yellowness (Dogan et al., 2013).

# *D. pH Analysis*

pH plays a crucial role in the Maillard reaction that occurs during the cocoa bean roasting process. An increase in the pH of chocolate paste can trigger the formation of characteristic chocolate aroma compounds that contribute to the flavor of chocolate. Higher acidity levels have the potential to produce products with more complex aromas compared to those with low acidity levels (Anoraga et al., 2018).

pH measurement (acidity level) was performed using a pH meter calibrated with pH 4 and 7 buffer solutions. After calibration, the electrode was rinsed with distilled water and dried with a tissue. pH measurement was conducted on each 20 mL of each formulation. The electrode was immersed in each formulation and left for a few moments. The electrode was rinsed with distilled water and dried with a tissue after measuring the pH of each formulation (Ismawati, 2016). pH measurement was repeated three times.

# *E. Total Soluble Solids Analysis*

Total soluble solids (TSS) are typically dominated by sugars. Other minor components include organic acids, amino acids, water-soluble proteins, and other substances. Therefore, TSS is a good indicator of sweetness (Bexiga et al., 2017).

Before measuring the Brix degree of each formulation, calibration was performed on the refractometer using distilled water. The sample measurement was conducted by placing 2-3 drops of each formulation on the prism glass, and then the analysis was performed to observe the Brix value displayed on the instrument.

### *F. Check-All-That-Apply (CATA) Analysis*

The sensory profile analysis of the chocolate drink was conducted using the CATA method involving 30 consumer panelists. The panelists consisted of university students and employees aged 19-28 years, with an equal number of females and males. The selection criteria for panelists were based on their experience as chocolate drink consumers. Additionally, the panelists were healthy individuals with no issues related to their sense of smell, taste, or allergies to the tested ingredients.

The initial step of the testing involved providing the panelists with an explanation of the attribute definitions in the scoresheet. In this session, a discussion was conducted to define the attributes accurately and ensure that they were easily understood by all panelists. During this training session, the panelists were also asked to smell and taste the product to familiarize themselves with its characteristics. Subsequently, the testing proceeded with the panelists being asked to evaluate all the samples. The samples provided consisted of five different formulations, each identified with a three-digit code.

The testing was conducted by providing a scoresheet to the panelists. The scoresheet consisted of 39 attribute terms that could be selected, along with their respective definitions, and a hedonic test using a 1-9 scale (ranging from extremely dislike to extremely like). The panelists were asked to evaluate the sensory attributes of each formulation by placing a check mark in the provided column next to the listed attributes (Ares & Jaeger, 2015).





ISSN: 2338-1345 – Vol. 11 (1) 29-36 https://ojs.bakrie.ac.id/index.php/APJSAFE/about Sour flavor.

> Has a sharp and pungent taste or smell, not sweet, reminiscent of caffeine.

Sweet basic taste like sugar (sucrose, glucose,

Flavor resembling roasted or toasted seeds,

or fructose).

bread, or nuts.

Sour/tamarind *Flavor,* 

Bitter *Flavor*,

Sweet *Flavor,* 

Roasted *Flavor,* 

*aftertaste*

*aftertaste*

*aftertaste*

*aftertaste*



### *G. Data Analysis*

The check-list data on the scoresheet was processed in binary form  $(0 =$  attribute not detected;  $1 =$  attribute detected). Additionally, the panelists rated their liking level for each formulation (Ares & Jaeger, 2015). After obtaining the sensory analysis data using the CATA method, the sensory data was further processed using XLSTAT 2022 software. The sensory data analysis from the CATA method included Cochran's Q test, multiple pairwise comparisons, correspondence analysis, principle coordinate analysis, and penalty analysis (Adawiyah et al., 2019).

# RESULTS AND DISCUSSIONS

# *Physicochemical Profile of Chocolate Drink*

Based on the measurements conducted on the five formulations of chocolate drink, the L\* values ranged from 34.20±0.10 to 53.07±0.31. The a\* values for all formulations showed a positive  $(+a^*)$  result, ranging from  $12.27 \pm 2.20$  to  $56.97 \pm 0.15$ . Similarly, the b\* values for all formulations indicated a positive (+b\*) outcome, ranging from  $14.53\pm0.75$  to  $35.10\pm0.35$ . Consequently, it can be concluded that all tested chocolate drink formulations exhibited a slightly dark reddish-yellow color, as depicted in Figure 1. These color characteristics align with a previous study conducted by Mazo Rivas et al. (2018), which indicated that chocolate drinks tend to have a slightly dark color.

Total soluble solids (TSS) in drinks are typically dominated by sugars, while other soluble components in small amounts include organic acids, amino acids, soluble proteins, and other substances. Therefore, TSS is a reliable parameter for evaluating sweetness (Aribah et.al., 2020; Bexiga et al., 2017). TSS measurements for the five formulations yielded values (refer to Table 3) ranging from 5.17±0.76 to 5.90±0.46. The obtained TSS values among the formulations did not show significant differences since this study employed stevia as a sweetener instead of sucrose (Ashwell, 2015).

Additionally, the pH measurements for the five formulations ranged from  $5.82 \pm 0.10$  to  $6.22 \pm 0.08$ . Significant differences ( $\alpha \leq 0.05$ ) were observed between formulation 931 and formulations 751, 482, and 369, with formulation 931 having the highest proportion of coffee composition among the formulations. This finding aligns with a study conducted by Mazo Rivas et al. (2018), which reported that the pH of chocolate drinks ranged from 6.19 to 6.73. Conversely, research by Bicho et al. (2011) indicated that the pH of coffee drinks ranged from 4.98 to 5.39. Hence, an increase in the coffee composition in chocolate drinks results in a decrease in the pH level.

Table 3. Physicochemicals Analysis of Chocolate Drink

Param		Color		<b>TSS</b>	
eter	$L^*$	$a^*$	h*	pH	( <sup>o</sup> Brix
931	53.07 $\pm$	$12.27 \pm$	$35.10+$	$5.82 \pm 0$	$5.17+$
	0.31 <sup>c</sup>	2.20 <sup>a</sup>	$0.35^{bc}$	.10 <sup>a</sup>	0.76
243	53.83 $\pm$	$28.80+$	$33.97+$	$6.03 \pm 0$	$5.33+$
	$1.60^{\circ}$	4.85 <sup>c</sup>	0.97 <sup>b</sup>	.20 <sup>ab</sup>	0.61
751	51.87 $\pm$	$28.70+$	$35.33+$	$6.08 \pm 0$	$5.50+$
	0.90 <sup>c</sup>	0.34 <sup>c</sup>	$0.45^{\circ}$	$12^{b}$	0.60
482	$43.87 \pm$	$22.90+$	$36.63+$	$6.18+0$	$5.70 \pm$
	1.80 <sup>b</sup>	3.03 <sup>b</sup>	0.45 <sup>d</sup>	.10 <sup>b</sup>	0.44
369	$34.20+$	$56.97+$	$14.53+$	$6.22+0$	$5.90 \pm$
	$0.10^a$	$0.15^{d}$	$0.75^{\rm a}$	.08 <sup>b</sup>	0.46

# *Chocolate Drink Sensory Profile*

Sensory profiling of the chocolate drinks was analyzed using the CATA method, involving Cochran's Q test with multiple pairwise comparisons, Correspondence analysis, Principle coordinate analysis, and Penalty analysis (Adawiyah et al., 2019). The ability of consumers to detect differences in attributes among the tested formulations was evaluated using the Q Cochran test, with significance represented by significant or non-significant outcomes (Ares & Jaeger, 2015). Based on the results of the Q Cochran test with multiple pairwise comparisons presented in Table 4, it was found that each formulation exhibited several different sensory attributes at a significance level of 5%, including chocolate flavor, mokka flavor, caramel flavor, sweet flavor, and roasted flavor. This analysis indicates that all tested formulations have distinct sensory characteristics (DePaula et al., 2022; Jaywant et al., 2022; Joel et al., 2013; Muktiningrum et al., 2022; Oliviera et al., 2015; Peixoto et al., 2016; Safrijal et al., 2021; Seninde & Chambers, 2020; Sunarharum et al., 2014; Tournier et al., 2007).



Figure 1. Chocolate Drink Color

The chocolate notes in the drinks are derived from compounds such as 2-Methylbutanal and 3-methylbutanal (Aprotosoaie et al., 2016). Additionally, pyrazine compounds play a role in the formation of basic chocolate notes, including 2,3,5,6-tetramethylpyrazine (TMP) and 2,3,5-trimethylpyrazine (TrMP) (Castro-Alayo et al., 2019). During the roasting process of cocoa and coffee beans, various complex chemical reactions occur, including caramelization reactions involving the sugars present in the beans. These reactions result in the formation of numerous caramel compounds such as 2-phenyl-2-butenal, 5-methyl-2-furfural, and 2-3-dimethylpyrazine, which contribute to the caramel aroma and sweet perception, forming the perception of caramel and sweetness. Additionally, the roasted flavor arises from the reaction between chlorogenic acid and quinic acid, leading to the production of lactones and volatile phenols with basic tastes of bitterness, acidity, and sweetness. Volatile furans also contribute to the sweet roasted aroma. The attribute of sandiness or mouthfeel, characterized by a gritty sensation, is a result of the processing method used, where cocoa powder is directly brewed without filtration. This attribute can be perceived by some panelists (Belščak-Cvitanović et al., 2010)

Correspondence analysis (CA) is commonly used in testing with the CATA method as it allows for the visualization of attribute data for each sample and the ideal product (preference mapping) in a biplot (two-dimensional) form (Addinsoft, 2022; Alexi, 2018; Meyners & Castura, 2014). Figure 2 shows the relationship between the tested attributes in each sample and the ideal product. Based on the analysis results, none of the chocolate drink formulations is located in the same quadrant as the ideal product. Therefore, none of the formulations have the same attributes as the ideal product. Based on the analysis, it can be observed that the ideal chocolate drink has sensory profiles of caramel (aftertaste) and sandiness (mouthfeel). Another analysis performed is principal coordinate analysis (PCoA), which is used to examine the correlation between the tested attributes and the panelists' preference for the products (Adawiyah et al., 2019). Similar to CA, the results of PCoA are displayed in a biplot (two-dimensional) form.

Based on the results presented in Figure 3, it is found that the attribute of sweet flavor significantly influences the panelists' preference. Chocolate drink formulations evaluated by consumers with a sandiness mouthfeel attribute tend to be less preferred. This can be observed in Figure 3, where the sandiness mouthfeel attribute is located in Quadrant I, opposite to the sweet flavor attribute in Quadrant III (the attribute that influences panelists' preference). This is consistent with previous research conducted by de Melo et al. (2009) and Oliveira et al. (2015) on low-calorie chocolate drinks, which found that the attribute contributing to the liked products is sweet flavor. On the other hand, the attribute of sandiness mouthfeel tends to negatively impact the panelists' liking of the product. Penalty analysis is used to determine the value of preference loss due to deviations in sensory profiles between the samples and the ideal product according to the panelists' perception (Ares & Jaeger, 2015). Preference can increase due to the presence

of positive attributes or the absence of negative attributes. Conversely, preference can decrease due to the presence of negative attributes or the absence of positive attributes (Meyners & Castura, 2014). Based on the penalty analysis results using XLSTAT 2022 software, sensory attributes are categorized into five categories: must-have, nice to have, does not influence, does not harm, and must not have. An attribute is classified as "must-have" when it is desired to be present in the ideal product but is not found in the tested products.

The "must-have" attribute appears when the preference for selecting the attribute in the tested product  $(1,1)$  is significantly higher than selecting the attribute in the ideal product but not in the tested product (1,0). The "must-nothave" attribute appears when the preference for selecting no attribute in both the ideal product and the tested product (0,0) is significantly higher than selecting the attribute in the tested product (0,1). The "nice to have" attribute appears when the preference for selecting the attribute in the tested product (0,1) is significantly greater than selecting the attribute in both the ideal product and not in the tested product  $(0,0)$   $((0,1)>(0,0))$ . The "does not harm" attribute appears when the preference for selecting the product  $(0,1)$ is comparable to not selecting the attribute in both the ideal product and the tested product (0,0). The "does not influence" attribute appears when the preference for selecting the attribute in both the ideal product and the tested product (1,1) is comparable to the preference for selecting the attribute in the ideal product (1,0) (Addinsoft, 2022; Meyners et al., 2013).



Figure 2. Symmetric Plot Representation of Sample Sensory Profiles



Figure 3. Map of Correlation of Sensory Attributes of Chocolate Drinks with Enjoyment



Figure 4. Map of Mean Drops Vs% Must Have, Nice to Have, and Must not Have attributes





ISSN: 2338-1345 – Vol. 11 (1) 29-36 https://ojs.bakrie.ac.id/index.php/APJSAFE/about



Based on the analysis results in Table 5 and Figure 4, it can be seen that the "burnt" (aftertaste) and "sandiness" (mouthfeel) attributes have  $+P(Yes)/(No)$  values of less than 20% with negative mean drop differences (located to the left and below on the Y-axis) and no significant difference between the preference for selecting the product (0,1) and the attribute not selected in both the ideal product and the tested product (0,0), making these attributes "does not harm." Other attributes such as "chocolate flavor," "sweet flavor," "caramel flavor," and "caramel aftertaste" are attributes that have  $-P(No)|(Yes)$  values greater than 20% with positive mean drop differences (located to the right and above on the Y-axis), and the preference for selecting the attribute in the ideal product and the tested product  $(1,1)$  is significantly higher than not selecting the attribute in the tested product (1,0), making these attributes "must not have." This may be due to panelists' confusion in providing the ideal characteristics. Almost all panelists stated that they had never encountered a combination of chocolate drink with Arabica coffee before. Despite the introduction and familiarization of the products and terms before the testing, the panelists' preliminary judgment of the tested formulations was that they were drinks other than chocolate (panelists assumed that the tested products were coffee drinks). Therefore, the preliminary judgment by the panelists could have resulted in inaccuracies in the obtained results.

Table 5. Penalty Analysis Attributes

	Ideal	Produk	Keterangan	
<i>Attributes</i>		$\theta$	1	
Chocolate $-flavor)$	0	$0.0(0\%)$	$0.0(0\%)$	<i>This attribute</i>
	1	4.8(21%)	5.4 (79%)	does not influence
Mokka (Flavor)	0	4.0(5%)	4.6(5%)	<i>This attribute</i>
	1	5.4 (35%)	5.4 (55%)	does not influence
Caramel (Flavor)	0	5.9 (11%)	6.1(6%)	This attribute
	1	$5.0(42\%)$	5.4 (41%)	does not influence
Sweet (Flavor)	$\Omega$	4.2(4%)	6.0(3%)	<i>This attribute</i>
	1	5.0 (37%)	5.6 (56%)	does not influence
Roasted (Flavor)	$\Omega$	4.6 (13%)	5.3 (4%)	This attribute
	1	$5.6(40\%)$	5.3 (43%)	does not influence
Caramel (Aftertaste)	0	$5.0(20\%)$	$0.0(0\%)$	This attribute
	1	$5.4(60\%)$	5.5(20%)	does not influence
<b>Burnt</b> (Aftertaste)	0	5.4 (86%)	4.9 (14%)	This attribute
	1	$0.0(0\%)$	$0.0(0\%)$	does not harm
<b>Sandiness</b> (Mouthfeel)	0	5.6 (51%)	4.9 (6%)	This attribute
	1	5.2 (29%)	4.8 (14%)	does not harm

### **CONCLUSIONS**

In the study, the five tested chocolate drink formulations had characteristics of dark chocolate color, pH ranging from  $5.82\pm0.10$  to  $6.22\pm0.08$ , and total soluble solids ( $\textdegree$ Brix) ranging from  $5.17 \pm 0.76$  to  $5.90 \pm 0.46$ . With the addition of

coffee composition, a decrease in pH and TSS values in the chocolate drink was observed. Additionally, the percentage of coffee composition added to the chocolate drink affected changes in several sensory attributes of the resulting drink. Increasing the percentage of coffee addition resulted in dominant attributes such as mocha flavor, roasted flavor, bitter flavor, and watery mouthfeel. Conversely, reducing the percentage of coffee addition resulted in dominant attributes such as chocolate flavor, sweet flavor, caramel flavor, and milky flavor becoming more pronounced. Formulation 369, with a cocoa-to-coffee ratio of 80% to 20%, was the most preferred formulation among the other four formulations due to its sweet flavor attribute.

### ACKNOWLEDGEMENT

This research has been funded by Ministry Education, Culture, Research and Technology Indonesia, with contract number 069/E5/PG.02.00.PT/2022; 435/LL3/AK.04/2022; 238/SPK/LPP-UB/VI/2022 and Universitas Bakrie with contract number 249/SPK/LPP-UB/VI/2022.

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