

Food Flavours Part C: The Flavour of Fruits. Edited by I. D. Morton and A. J. Macleod, Elsevier Science Publishers, Amsterdam, 1990. xi + 372 pp. ISBN 0 444 87362. Price: US\$141.00.

Fruits have become a popular component of the daily diet. Some people start the day with a fruit, have it as an aperitif or as a dessert in a main meal, or some simply just go on a fruit diet. This popularity of fruits is greatly attributable to their flavour. Hence, the commercial appeal of a number of food products like soft drinks and ice cream has been enhanced by incorporating fruit flavours in them.

But what makes up these fruit flavours that tickle our taste buds? The third volume in the series *Food Flavours*, which deals specifically with flavour of fruits, discusses the various aspects of flavour composition and how they affect the quality of fruits.

In order to produce a comprehensive coverage of the different types of fruits, the book is divided into six chapters, covering groups of fruits, namely, apples, pears and juices (grouped as one), stoned fruits, citrus fruits, berries, tropical fruits and 'minor' tropical fruits.

Volatile constituents, which may be thought of as important only to odour, also play an important role in the overall taste and flavour of the fruit. Interesting discussions and tabulations on volatile constituents found in various types of fruits are presented, while distinguishing them between vapours or essence. Whilst most of the compounds that contribute to flavour and aroma are aldehydes, esters, ketones, alcohols, etc., contributions from pectins and some high molecular weight carbohydrates, in terms of enhancing the desirable mouth-feel of citrus juices, are presented. Biogenesis of some compounds which are responsible for the actual flavour and aroma of some fruits are also discussed. The effects of variations in agricultural practice are presented which explain the different taste of fruits of different cultivars. Discussions on post-harvest treatment and storage conditions are very useful in maintaining or improving fruit flavour. In addition to the identification of fruit constituents responsible for flavour, methods have been presented, together with references, by which these compounds can be detected and analysed.

This book will prove interesting not only to chemists, biochemists, food technologists, and researchers involved in plant science but also to anybody who is just curious to know why apples are not bitter.

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