

Development Of Products From Jack Fruit : Part VII: Dried Green Jack Fruit & Jack Pickle

By

B. S. Bhatia, G. S. Siddappa and Girdhari Lal
(Central Food Technological Research Institute, Mysore)

(1) Dried Jack fruit.

Tender Jack fruit is used as a fresh vegetable. It can be dried and stored for subsequent use. Effect of preliminary treatments like blanching in water, steeping in 0.1% potassium metabisulphite solution and 1% sodium chloride solution, etc., on the colour of the sundried or dehydrated product was studied in a series of experiments, the results of which are shown in Table I.

It will be seen that steeping in 0.1% potassium metabisulphite solution for half an hour prior to drying gives the best results. There is not much difference between the sun dried and dehydrated products. The bright sun shine for at least 8 hours a day on two successive days is necessary for sun drying the material. The drying ratio is about 9 : 1.

The dried product reconstitutes easily by boiling in water for about 15 minutes. It cooks well in about an hour. Frying

in vegetable ghee at about 200° C, however, renders the pieces very hard, dark brown and insipid in taste. At room temperature of 24-30° C the dried product keeps well in friction top tins for more than a year.

(2) Jack Pickle:

Curing of green Jack fruit slices: Slices of green jack fruit were cured in an equal weight of salt solution by gradually raising the strength of brine from 16° salometer in the beginning to about 60° in the course of a fortnight. Production of lactic acid was, however, not satisfactory. The addition of 2% sugar to the brine, however, helped in producing lactic acid to some extent. This could be maintained by further additions of sugar during curing. By this method, the acidity could be raised to about 0.7% (as lactic).

Sweet spiced vinegar jack pickle: The cured sliced were washed free from

TABLE I
Effect of preliminary treatment on the colour of dried Jack Fruit.

| Expt. No. | Treatment | Colour of Product | Drying Ratio |
|-----------|---|---------------------------------|--------------|
| 1. | Sun dried control | Brown | 9.2 : 1 |
| 2. | Dehydrated control | Light brown with whitish fibres | 8.8 : 1 |
| 3. | Blanched for 10 minutes in boiling water and sun dried | Deep brown | 9.0 : 1 |
| 4. | —do— Dehydrated | Brown | 8.9 : 1 |
| 5. | Steeped in 0.1% potassium metabisulphite solution for 30 minutes and sundried | Light brown | 9.2 : 1 |
| 6. | —do— Dehydrated | Light brown with whitish fibres | 9.0 : 1 |
| 7. | Steeped in 1% NaCl solution for 30 minutes and sun dried | Brown | 9.6 : 1 |
| 8. | —do— Dehydrated | Brown | 8.4 : 1 |

salt under running cold water, filled into a glass pickle jar and kept covered with 8% acetic acid solution. After two days the vinegar was drained off and sweet spiced vinegar of 50° Brix (Campbell 1950) having about 3% acetic acid was added as covering liquid. Any fall in Brix or acidity in the course of 3 or 4 days was adjusted by adding acetic acid or sugar. The final Brix of the liquid in the pickle was kept at 50° and the acidity at 3% (as acetic acid).

Sour oil pickle: The following recipe gave a good oil pickle. The pickle was kept in the sun for 3-4 days in an earthenware jar to finish the process.

| | | |
|------------------------|----|--------|
| Cured Jack slices | .. | 2 lb. |
| Table salt | .. | 2 oz. |
| Chilli powder | .. | 17 g. |
| Caraway | .. | 2.8 g. |
| Cloves headless | .. | 2.8 g. |
| Cardamom | .. | 1.4 g. |
| Ginger dried (chopped) | .. | 14 g. |
| Cinnamon broken | .. | 2.8 g. |
| Gingelly oil | .. | 1½ lb. |
| Onions chopped | .. | 1 oz. |

Garlic ground .. 2.8 g.
Vinegar (having 5-6% acetic acid) .. 4 oz.

Sweet oil pickle: The method of preparation was similar to that given for sour oil pickle except that 4 oz. sugar also was added along with the vinegar.

Keeping quality: The different types of pickles kept well for more than two years at ordinary room temperature (24-30°C).

Summary: 1. Steeping in 0.1% potassium metabisulphite solution for 30 minutes improves the quality of the dried green jack fruit.

2. Sweet spiced vinegar pickle, sour oil pickle and sweet oil pickle of good quality can be prepared from green jack fruit after occurring the slices suitably.

REFERENCE

Campbell, Clyde, H. 1950, Canning, Preserving and Pickling. Vance Publishing Corp. 139 N. Clark St. Chicago 2, p. 137.

* * *