Why process jackfruits?

⇒ The fruit is rich in vitamins A, B and C, potassium, calcium, iron, proteins and carbohydrates
⇒ Processing reduces post-harvest losses
⇒ Processing increases the shelf-life of the fruit
⇒ Processing adds value and increases income

Jackfruit (Artocarpus heterophyllus): Processing and Product Information

Packaging and Storage
Pack in heat-sealed 400 gauge polythene bags and store in a dark, cool place for several months.

How to process jackfruits?

1. Pre-processing into bulbs and pulp
   - Ripe jackfruit
     - Cut in half
     - Carve out the core
     - Scoop out the bulbs
     - Sort
     - Remove seeds
     - De-seeded bulbs
     - Crush bulbs
     - Add 40-45 g sugar per 100 g pulp and mix
     - Cool under cold water
     - Blanch for 2 min
     - Drain + wash to remove excess salt
     - Add spice mix and vinegar (10 ml/kg)
     - Grind + mix spices: turmeric, coriander, chilli powder, salt, sugar
     - Cook for 30 min
     - Pour into jars and seal
     - Cool at room temperature
     - Pack + seal
     - De-seeded bulbs
     - Homogenise using a pulper/blender
     - Boil for 5 min
     - Add pectin-degrading enzyme
     - Filter
     - Mix
     - Pour into bottles and seal
     - Heat pasteurise in bottles at 80-95°C

Pickles
Prepare 5% brine solution
Brine for 24 hours
Pack + seal
De-seeded bulbs
Place slices in a container and cover with brine solution
Grind + mix spices: turmeric, coriander, chilli powder, salt, sugar
Cook for 30 min
Note: Wash to remove excess salt
Pour into jars and seal
Cool at room temperature
Add spice mix and vinegar (10 ml/kg)
Dissolve potassium metabisulphite (0.1 g/kg) in water and add
Spread concentrate on trays
Dry
Dust with starch
Cut into pieces
Roll (optional)
Pack + seal
De-seeded bulbs

Beverage
Add 50% sugar syrup solution
Add sodium metabisulphite (0.5 g/kg) (optional)
Mix
Pour into bottles and seal
Heat pasteurise in bottles at 80-95°C
Cool in cold water

Packaging and Storage
Pack in well-sealed clean glass or plastic bottles and store in a cool, dark place for several months.

How to store jackfruit?

⇒ Fresh fruits: - for 4-5 days at 25-35°C
   - for 2-6 weeks at 11-13°C
⇒ Bulbs: - for 3 weeks at 2°C, when packed in heat-sealed polythene bags
⇒ Pulp: - for more than one year at -20 to -22°C, when packed in heat-sealed polythene bags

Fruits for the Future

This publication is an output from a research project funded by the United Kingdom Department of International Development for the benefit of developing countries. The views expressed are not necessarily those of DFID [F389 Forestry Research Programme].

References:

Please contact ICUC for further references.