

Fruit processing in jack fruit

Jack fruit: *Artocarpus heteropyllus*

Jack fruit is tropical fruit produced mostly in India. It has become more popular these days as it is being recognized as the state fruit in Kerala and Karnataka states. Jack fruit is rich in several nutrients, and it can act as a source of complete nutrition. It is rich in vitamin B and C, potassium, calcium, iron, protein and high level of carbohydrates.

The jackfruit is a multi-purpose species providing food, timber, fuel, fodder, medicinal and industrial products. The primary economic product of jackfruit is the fruit, used both when immature and mature. The fruit pulp is sweet and tasty and used as dessert or preserved in syrup. The seeds contained in the ripe fruits are also cooked. The fruits and seeds are also processed in a variety of ways for food and other products. In culinary use, the pulp of the fruit is made into various local delicious dishes including chutney and paste besides various types of curries. Additionally, jackfruit is used in traditional medicine (leaves, bark, inflorescence, seeds and latex). The wood of the tree is also used for various purposes.

Nutritive value of jackfruit (100 g)

Constituent	Average value
Moisture (%)	76.20
Energy (cal)	88.00
Protein (g)	1.90
Fat (g)	0.10
Fibre (g)	1.10
Carbohydrates (g)	19.80
Potassium (mg)	107.00
Calcium (mg)	20.00
Phosphorous (mg)	41.00
Iron (mg)	0.56

β Carotene (mg)	175.00
Thiamine (mg)	0.03
Riboflavin (mg)	0.13
Niacin (mg)	0.40
Vitamin C (mg)	7.00

Market potential

Jack fruit is always recognized as favorite fruit of Malayalees. It has thus jack fruit products have gained a good market in Kerala. It also has a good export market potential especially in Middle Eastern countries. There are a number of food products that can be produced from jack. The recognition of jack as state fruit is also making these products more popular and demanding these days

Fruit processing

Fruit processing is done to increase the shelf life of crop. It is done in such a way that the texture, taste and quality of the product is ensured. Jack fruit can be processed into a number of products like jam, jellies, squash, syrup, ice cream etc. It can be processed traditionally by cooking, heating, drying, cooling and addition of preservatives. Now a days more advanced technologies like freeze drying, canning, vacuum drying etc are also being practiced. The main problem faced in the jack processing is the removal of thick wasted skin enclosing seeded fruit pods to which also adheres lot of fibrous tissue. Peeling and cleaning of the fruit is more laborious and should be done carefully.