

PRODUCT FROM TENDER AND HALF MATURED JACK FRUIT

1. Jack fruit pickle

The Central Food Technology Research Institute (CFTRI) had undertaken studies in 1977 on preservation of jackfruit and reported that tender jackfruit can be preserved in the form of pickles. The important pickle preservations include sweet oil pickle, spiced vinegar pickle and plain vinegar pickles.

Ingredients

1. Jack fruit (half matured)
2. Garlic 100 g
3. Ginger -100g
4. Green chillies – 100g
5. Gram flour/ besan – 50g
6. Red chilli powder – 2 table spoons
7. Turmeric powder – 1 tea spoon
8. Curry leaves – 2-3 sprigs
9. Oil – ½ litre
10. Vinegar – 200 ml
11. Asafetida powder – 2 tea spoon
12. Cumin seeds – 1 table spoon
13. Fenugreek seeds – 1 table spoon
14. Salt – to taste
15. Sugar – to taste

Jack fruit pickle



Preparation

- Select a jack fruit that is not fully matured. Remove or scrap away the green outer rind. Then, cut the jackfruit into big pieces along with seeds.
- Dry roast cumin and fenugreek seeds and finely powder them.
- Heat oil in a broad mouthed cooking pan and fry chopped garlic, ginger, green chillies and curry leaves
- Add jack pieces and fry for 10 mins
- Add salt, chilli powder, turmeric powder, gram flour and vinegar
- Remove from flame and add asafoetida and cumin – fenugreek powder
- Add sugar, mix well, cool and store in a clean dry sterilized bottle

2. Ready to cook tender jack

Ingredients

1. Jack fruit (tender / immature) – 1 kg
2. Sodium hypochlorite – 25-50 g
3. Sterile water – 2 litre

Preparation

- Select good quality tender jack
- Remove outer peel using a clean knife
- Wash with sterile water with 10 % sodium hypochlorite
- Cut the treated fruit into small pieces
- Blanch the pieces for 3 minutes in hot water
- Pack the pieces in LDPE bags using hand wrapper
- It can be stored below 180 C for 10 days

Raw ready to cook tender jack fruit



3. Jack fruit chips

Jackfruit chips are prepared using raw bulbs. The oil used for frying influence the shelf life of jackfruit chips. Shelf stability of jackfruit chips could be increased by adding antioxidants like butylated hydroxytoluene and sorbic acid. Other than oil fried chips now vacuum fried chips have also become more popular. Jack fruit chips have a good market in Kerala and other south Indian states.

Preparation

- Cut open mature unripe jackfruit. Remove bulbs and extract out the seeds
- Cut the bulbs in to shreds of 0.5 to 0.6 cm width, maintaining the length as much as the bulb
- Blanch the pieces in boiling water in which salt has been added for two minutes and allow to drain till completely dry
- Heat oil in a frying pan and fry the chips. Add 1-2 spoons of salt water in oil while frying.

Jack fruit chips



4. Jack fruit pappad

Jackfruit bulbs which are neither fully mature nor completely raw, could be used for preparing jackfruit papads. It is found that jackfruit papads wrapped in a paper had a shelf life of 4-6 months at room temperature (24-30°C). It is fried in oil and used.

Preparation

- Cut open mature unripe jackfruit. Remove bulbs and extract out the seeds.
- Boil the bulbs, drain well and grind into fine paste along with salt using mixer
- Mix ingredients like sesame or cumin seeds
- Flatten into layer of fine thickness
- Dry in trays of electric or solar cabinet drier/ by open sun drying
- The dried pappad is packed and sold

Other food products like cutlets, bhajjis and pakodas can be prepared from tender jack fruits.

