

## **PRODUCTS FROM JACK FRUIT SEEDS**

### **1. Jack fruit seed powder/ flour**

Jack fruit seeds can be converted into flour after inactivating the antinutritional factors by drying. The flour prepared from jackfruit seeds can be used for making *chapattis* by blending with wheat flour (25:73) reported that the jackfruit flour produced may be used as thickening and binding agent in food systems.

The jackfruit seed flour is a good source of protein and exhibits low water and fat absorption capacity. Hence, the flour could be incorporated in the preparation of deep-fried products.



Studies conducted by KAU (1999) found that jackfruit seed flour can be used for preparing cereal/pulse based fried preparations like *vada*, *pazhampori*, *baji* and *puri* by replacing 50% of flour of cereals/pulses. The products were found highly acceptable in sensory evaluation test. Ukkuru and Pandey (2005) standardized the procedure for obtaining good quality flour which could be utilized for the preparation of bakery and confectionary products. Seed flour biscuit is crispy with good taste and flavour and remained shelf stable for two months whereas confectionary products are short lived.

### **2. Roasted nuts**

The roasted jackfruits seeds are reported to resemble chestnuts in nutritive value and flavour and also much liked by people. However, the shelf life of fried seeds is low, as these cannot be stored for more than a few days at room temperature of 24-30°C.

Even though the roasted nuts have high market potential it cannot be processed alone as other fruit parts like rind and bulbs can't be used.

It is also found that the roasted nuts have aroma and flavor of cocoa and can be hence used as a substitute in chocolate preparation.

Jack production of payasam, halwa, shakes etc,.

### **Conclusion**

Jack fruit is a complete tree where it different parts can be used for producing different products. Wood can be used for furniture production. Leaves of the plant can be used for production of leaf plates and it is edible also.

The normal by product from the jackfruit processing industry include rind. It can be used for preparation of rind jelly and fried chips. The outer skin of jack can be used as cattle feed and for compost making.