

# JACKFRUIT POWDER



## Procedure:

- 1. Wash firm, ripe fruit.
- 2. Peel the fruit.
- 3. Separate the fruit pulp from the seeds and inedible portion.
- 4. Steam-blanch for five minutes per 350 +/- 20 g pulp sample.
- 5. Line the steamer with several folds of wax paper to avoid any metallic contact with pulp.
- 6. Cool the blanched pulp for 30 minutes.
- 7. Puree the pulp together with 0.05% sodium metabisulfite and sugar (amount may vary from 50-75%) in a blender. Allow 1 1/2 minute pureeing for every 250 +/- 20 g pulp.
- 8. Pour the puree evenly over the surface of a shallow and waxed drying tray.
- 9. Dry at 55-60 degrees C until brittle.
- 10. Cool the product in the dryer.
- 11. Remove the dried materials from the trays before a ventilating fan, since the product readily absorbs moisture.
- 12. Grind the dried material with a mortar and pestle, or a meat grinder when the sample is considerably large.
- 13. Sieve the powdered product.
- 14. Pack in appropriate containers with a desiccant.

# JACKFRUIT JAM



## Procedure:

- 1. Use fully ripe fruits.
- 2. Cut the fruit into halves and separate segments. Remove the seed from each segment and grind the pulp.
- 3. To one cup of ground pulp, add 170 g (3/4 cup) of sugar and boil with constant stirring until the mixture is thick and clear.
- 4. Pack while hot in sterilized jars and seal tightly.

# Jackfruit-Pineapple Marmalade

## Ingredients:

- Jackfruit, finely sliced 226 g (1 cup )
- Pineapple chopped 678 g (3 cups)
- Sugar 452 g (2 cups)
- Glucose 113 g (1/2 cup)

## Procedure:

- 1. Mix above ingredients and cook until thick.
- 2. Pour into jar while hot.
- 3. Remove air bubbles and half-seal.
- 4. Sterilize jar in boiling water. A 355-ml (12-oz) jar will require 25 minutes to sterilize. Seal completely.