

Jackfruit

The Fruit of Future
(Value Added Products)



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5. Jackfruit halwa

Ingredients

- Jackfruit pulp – 200 g
- Water – 1 cup
- Ghee – ½ cup
- Sugar – 1 cup
- Cashewnuts 10 no
- Jackfruit bulb powder – 50 gm



Method

- Basic recipes for jackfruit pulp - To 01 kg jackfruit pulp add 01 kg jaggery, 200g Ghee, 01 litre water. and boil till it is thick.
- In a broad vessel with thick base, add sugar, basic recipe, water and bulb powder and mix well. When it starts boiling, add cardamom, ghee roasted cashew nut and ghee.
- Stir till thickens to consistency of halwa
- Apply ghee to tray/plate and spread.
- Allow it to cool, cut and serve.

6. Jackfruit Seed Powder

Ingredients

Jackfruit seeds – 500 gm



Method

- Boil the seeds in water
- Cut into pieces and remove seed coat
- Dry it in hot air oven
- Grind it in mixie.
- Sieve through a mesh to get fine jack seed flour
- This can be used in making chapathi, bhajjas, vada or can be mixed in infant foods. Jackfruit seeds are rich in protein, (6-8%) fat, carbohydrates and other nutrients.

7. Jackfruit Pedha

Ingredients

- Khova – 20 %
- Jack pulp – 50%
- Jackfruit bulb powder – 30 %
- Sugar – 30%



Method

- Pedha is prepared by blending a mixture of khoa, jack pulp, bulb powder and sugar and it is heated on a low fire till the desired texture is obtained.

8. Jack seed kheer

Ingredients

- Jack seed – 500 g
- Jaggery – 300 g
- Coconut – 1 no
- Cardamom – 3 no
- Ghee – 100 g



Method of extracting coconut milk

- Grate the coconut
- Put the grated coconut into a mixer jar, add equal volume of warm water and run the mixer for 15 seconds
- It can be done in batches if the mixer jar is too small for the grated coconut.
- Extract the coconut milk by squeezing the ground coconut. This is called the first coconut milk. Keep it aside. Pool all the first milk extracted if done in batches.
- Then, add the coconut residue that is left out after the extraction of the first coconut milk into the mixer jar. Add equal volume of warm water and run the mixer for 10 – 15 seconds.
- Again repeat the extraction by squeezing the ground coconut residue. This is called the second coconut milk. Pool all the second milk extracted if done in batches.

Method of making jaggery syrup

- Dissolve 300 g of jaggery in 100 – 200 ml of water thoroughly
- Cook in an open pan and stir
- Allow it to boil. After it boils, strain it through a metal strainer to remove any dirt or dust and keep aside.
- The strainer should be washed immediately to avoid clogging of the fine holes in the strainer.

Method

- Cut open well ripe jack fruit. Remove bulbs and extract out the seeds
- Boil the jack seeds till they are cooked well.
- Remove seed coat manually, cut into small pieces and make a smooth paste using mixer.
- Boil the jack seed powder in second milk extracted. Add water it required.
- Add jaggery syrup prepare already.
- Stir well and then add first milk of coconut
- Add dry fruits and nuts fried in ghee.
- To be consumed fresh.

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INTRODUCTION

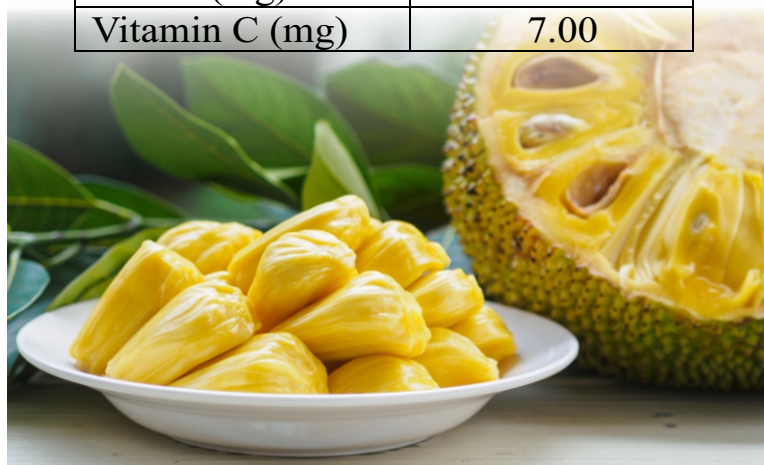
Jackfruit scientifically known as *Artocarpus heterophyllus Lam* belongs to the family Moraceae.

Western ghats is blessed with a natural wealth of jack trees. They are found abundantly in the Goa. It forms a part of homestead garden and an inevitable component of *kulagars*, the arecanut based traditional gardens inherited from generation to generation.

Jackfruit has got great potential for value addition. Variety of items can be prepared from jack fruit right from immature stage to well ripened stage. Each item has its own virtues in terms of taste, preference, keeping quality, etc. Jackfruit contributes three parts namely bulb (30-32%), seed (18%) and rind (10-55%) of the ripe fruit.

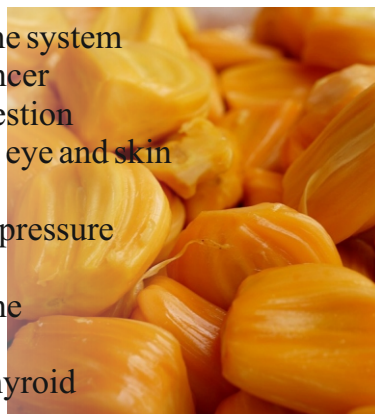
Nutritive value of jackfruit (100 g)

Constituent	Average value
Moisture (%)	76.20
Energy (cal)	88.00
Protein (g)	1.90
Fat (g)	0.10
Fibre (g)	1.10
Carbohydrates (%)	18.90
Potassium (mg)	350.00
Calcium(mg)	20.00
Phosphorous (mg)	41.00
Iron (mg)	0.56
β Carotene (mg)	175.00
Thiamine (mg)	0.30
Riboflavin(mg)	0.13
Niacin (mg)	0.40
Vitamin C (mg)	7.00



HEALTH BENEFITS

1. Strengthens immune system
2. Protects against cancer
3. Aids in healthy digestion
4. Maintains a healthy eye and skin
5. Boosts energy
6. Lowers high blood pressure
7. Controls asthma
8. Strengthens the bone
9. Prevents anaemia
10. Maintains healthy thyroid



RECIPES

Few interesting and selected recipes of dishes that can be prepared out of jackfruit are given below.

1. Jack fruit pickle

Ingredients

- Jackfruit (half matured) – 1 kg raw
- Salt – 100 g
- Chilli powder – 35 g
- Pepper – 1 teaspoon
- Fenugreek seeds – 1 teaspoon
- Asafoetida powder – 1 teaspoon
- Mustard seeds – 3 teaspoon
- Turmeric powder – 1 teaspoon
- Vinegar – 100 ml
- Oil – ½ litre



Method

- Select a jack fruit that is not fully matured. Remove or scrap away the green outer rind. Then, cut the jack fruit into big pieces along with seeds.
- Cook the jackfruit pieces in boiling water until seed is soft.
- Drain, apply salt and keep aside by spreading on a plate for complete drying.
- Heat 2-3 teaspoon of oil and roast the mustard, fenugreek and pepper.

- Cool the roasted spices and grind into fine powder.
- Heat oil in a broad mouthed cooking pan, add turmeric powder, chilli powder asafoetida. After putting off the stove, add the above ground mixture.
- After the oil cools down, add the dried jack fruit pieces which should be thoroughly free from moisture.
- Then add vinegar, mix well and store in a clean dry sterilized bottle.

2. Jackfruit Papad

Ingredients

- Mature/ raw jackfruit bulb – 500 g
- Salt – 2 teaspoon
- Black sesame or cumin seeds – 2 teaspoon



Method

- 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.
- Store in airtight containers .
- Can be stored well for 10 months.
- Deep fry and serve.

3. Jackfruit chips

Ingredients

- Well matured jackfruit bulbs – 1 kg
- Salt – to taste
- Water – to blanch
- Oil – 500 ml



Method

- Cut open mature unripe jackfruit. Remove bulbs and extract out the seeds.
- Cut the bulbs into 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 and dry in hot air oven for 5 mins at 80° C
- Heat oil in a frying pan and fry the chips.
- Sprinkle salt for taste.

4. Jackfruit Cutlet

Ingredients

- Jack bulb raw – 250 gm
- Onion – 100 gm
- Green chillies – 5 to 6 nos.
- Garlic – 4 pods
- Coriander leaves – 1 small bunch
- Garam masala powder – 1 tea spoon
- Haldi powder – ½ tea spoon
- Salt to taste
- Corn flour – 30 gms
- Rawa – 100 gm
- Oil – 1 ½ carton



Method

- Chop jack bulb finely
- Chop onion and green chillies
- Crush garlic and keep aside
- In a kadai heat oil fry onion green chilli, crushed garlic and stir well.
- Add chopped jack bulbs cook for 5 to 7 minutes and cover with lid
- Add salt, garam masal powder and haldi powder.
- Make balls of above vegetable roll it in corn flour / bulb flour and rawa.
- Shallow fry on tawa with oil.