

water and gather mixture to form a dough. Roll out to about 1 mm thick and cut with cutter. Shape into tart shell. Bake half cooked. Fill shell with filling mixture and bake.

Filling:

Mix jackfruit puree and condensed milk. Cook in low fire stirring constantly until light brown.

Jackfruit-Flavored Pastillas

Materials

- 1 pack fresh milk (1000 ml)
- 1 pack powdered milk (180 g)
- 1 cup jackfruit puree

Procedure

1. Mix fresh milk and sugar.
2. Cook in a low fire stirring constantly until about to thicken.
3. Combine jackfruit puree and powdered milk and continue cooking until it does not stick to the pan.
4. Knead in a chopping board with a rolling pin.
5. Cool and wrap individually in cellophane sheets.

Cost and Economic Benefits

Particulars	Tart	Pastillas
Volume		
Packs	35,200	34,272
Income		
Price/unit	10	10
Gross sales	352,000	342,720
Expenses		
Material cost	158,532	213,444
Labor cost	79,200	79,200
Total	237,732	292,644
Return Above	114,268	28,965
Variable Cost (RAVC)		
Profit Margin	3.25	0.84

Source: VICARP write-up, 2006.

Processed Food Products from Jackfruit

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Introduction

The Jackfruit Research and Development Program in Region 8 was approved for implementation in 1996 under the regular fund of the Department of Agriculture. However, with minimal funding allocated, only few studies under the program were implemented. In 1997, the Bureau of Agricultural Research (BAR) funded projects that could give tangible accomplishment within two cropping years (1997–1998). One of these projects was the “Development of Processing Techniques for Jackfruit in Eastern Visayas.”



In the field of processing, research and development efforts are being done to generate information on basic techniques for jackfruit juice production, utilization of jackfruit pulp and rags as flavoring agents for commercial food products.

Description

Jackfruit pulp could be processed into jackfruit concentrate in strip and puree forms. The former is used to flavor jackfruit bar, sweetpotato candy, and tart; while the latter is used to flavor jackfruit leather and pastillas.

Dehydrated Jackfruit

The dehydrated jackfruit is a nutritious snack item from ripe jackfruit pulp. It is golden yellow to golden orange and has a chewy texture with a sweet and sour taste. It is safer than the other dried fruit products because it is free from sulfite preservatives, which may trigger allergic reactions in some consumers. It is the only sulfite-free dried jackfruit product in the market.



Vacuum Fried Jackfruit

The vacuum fried jackfruit is a nutritious snack item from ripe jackfruit pulp that is yellow to golden brown. It is sweet and crunchy. It is processed at low temperature (below 100°C) under vacuum thereby maintaining its sensory and nutritional qualities. It has no added sugar and preservatives. It is the only vacuum fried jackfruit product in the market that uses ripe pulp.



Jackfruit Tart and Pastillas

The processing of jackfruit tart and jackfruit-flavored pastillas is a technology developed for small and large-scale food processors. The processes are simple and do not need sophisticated machines and food ingredients.



Production Process

Sulfite-Free Dehydrated Sweetened Jackfruit

1. Slice open the ripe jackfruits and take out the pulp by separating the seeds and the rags.
2. Cook 60 kg of the pulp in 60 L sugar syrup (30 kg sugar + 30 L water) until the pulp turns soft to touch.
3. Let cool to about 50°C and add 360 g ascorbic acid and 360 g citric acid. Mix thoroughly and soak overnight in the sugar syrup.
4. Rinse in running water for a few seconds and drain.
5. Spread the drained pulp on drying trays lined with nylon mesh to prevent from sticking on aluminum trays. Dry at 70°–75°C for 8 hours.
6. Interchange drying trays every hour for uniform drying. Pack in 0.004-inch thick polypropylene bags at 90 g net weight.
7. Store the packed products in wooden screen cabinets in a cool dry place.

Vacuum Fried Jackfruit

1. Slice open the ripe jackfruits and take out the pulp by separating the seeds and the rags.
2. Blanch 20 kg of the pulp in boiling water until the pulp turns soft to touch (67 kg of fresh jackfruit will yield around 20 kg pulp).
3. Let the blanched jackfruit to cool. Then pack in polypropylene bag and freeze.
4. The following day, take out the frozen jackfruit pulp. Deep fry in frying chamber. The vacuum pump will be turned on to reach the required vacuum of 25 inch Hg or higher. The frying operation per batch is 2.5 hours at 90°C.
5. Place the fried product inside a clean sackcloth and centrifuge for 7 minutes. After centrifuging, allow to cool and pack in 0.004-inch thick polypropylene bags at 50 g net weight. One batch could yield 120 bags. Store packed products inside a wooden screen cabinet in a cool dry place.

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Jackfruit Tart

Materials

Crust: 1 kg all purpose flour
250 gms margarine
1 cup cold water
1 cup sugar
Filling: 1 kg jackfruit
1 can condensed milk

Procedures

Crust:
Stir flour. Add sugar and margarine. Mix until margarine is broken into fine particles. Sprinkle with