



UNIVERSITI PUTRA MALAYSIA

***HIGH PRESSURE PROCESSING OF JACKFRUIT
(Artocarpus heterophyllus L.) BULB***

NG SIANG KEAT

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**HIGH PRESSURE PROCESSING OF JACKFRUIT
(*Artocarpus heterophyllus* L.) BULB**

By

NG SIANG KEAT

**Thesis Submitted to the School of Graduate Studies, Universiti Putra Malaysia,
in Fulfilment of the Requirements of the Degree of
Master of Science**

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Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment
of the requirement for the degree of Master of Science

HIGH PRESSURE PROCESSING OF JACKFRUIT
(*Artocarpus heterophyllus* L.) BULB

By

NG SIANG KEAT

May 2018

Chairman : Professor Tan Chin Ping, PhD
Faculty : Food Science and Technology

Conventional processing technology, particularly thermal processing, may extend the shelf life of fruits. However, there is always a risk of inducing negative effects to the fruits, especially in terms of colour and texture. The emergence of high pressure processing (HPP), a novel non-thermal processing technology, brings promising hope of extending the shelf life of fruits while at the same time, preserving the fresh fruit's characteristics. However, little is known or published on the effect of HPP on tropical fruits such as jackfruit. Thus, the effect of HPP on the microbiological, physicochemical and enzymatic properties of jackfruit bulbs at different pressures and holding times was studied. The pressures and holding times used in this study were 300, 400, 500 and 600 MPa at 3, 5, 10 and 15 min, respectively. The aforementioned treatments significantly ($p < 0.05$) reduced the microbial load to non-detectable level. However, the HP-treated samples exhibited no significant differences ($p > 0.05$) in terms of the proximate composition and ΔE indicator of total colour difference. HPP significantly ($p < 0.05$) increased the hardness and chewiness of the treated samples. In terms of enzymatic property, polygalacturonase (PG) and pectin esterase (PE) contents were significantly ($p < 0.05$) reduced by HPP. These results suggested that HPP had successfully inactivated the vegetative microorganisms while at the same time, retained the physicochemical properties of the jackfruit bulbs. An optimized pressure (500 MPa) and holding time (5 min) were then selected to process jackfruits bulbs packed using vacuum skin (VS) and vacuum nylon (VN) packaging. The samples were then stored at chilled temperature (4 °C) for shelf life study. HPP significantly ($p < 0.05$) increased the shelf life of VS- and VN-packed jackfruit bulbs to 60 days during chilled storage. In terms of colour stability during storage, both VS- and VN-packed HP-treated jackfruit bulbs exhibited no significant differences ($p > 0.05$) in terms of L^* , a^* , and b^* values. Also, the VS- and VN-packed HP-treated samples exhibited no significant differences ($p > 0.05$) in terms of texture and enzyme activity. However, the sensory evaluation carried out among 48 panellists showed that there were significant differences ($p < 0.05$) between the untreated and HP-treated

jackfruit bulbs. The aforementioned results had proven that a HPP treatment of 500 MPa for 5 min could successfully extend the shelf life and retain the physicochemical properties of jackfruit bulbs, regardless of the types of packaging used.



Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk ijazah Master Sains

PEMROSESAN TEKANAN TINGGI DARIPADA NANGKA
(*Artocarpus heterophyllus* L.)

Oleh

NG SIANG KEAT

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Teknologi pemprosesan konvensional, terutamanya pemprosesan terma, boleh memanjangkan jangka hayat buah-buahan. Walau bagaimanapun, pemprosesan sedemikian akan terdapat risiko yang membawa kepada kesan negatif ke atas buah-buahan, khususnya dari segi warna dan tekstur. Kemunculan pemprosesan tekanan tinggi (HPP) sebagai teknologi bukan terma yang baharu, membawa harapan bagi memanjangkan jangka hayat buah-buahan di samping mengekalkan ciri-ciri buah-buahan yang segar. Walau bagaimanapun, hanya sedikit sahaja yang diketahui atau dikaji mengenai kesan HPP ke atas buah-buahan tropika seperti nangka. Justeru, kesan HPP ke atas sifat-sifat mikrobiologi, fizikokimia dan enzim buah nangka pada tekanan dan masa pemprosesan yang berbeza telah dikaji. Tekanan dan masa pemprosesan yang digunakan dalam kajian ini masing-masing adalah gabungan antara 300, 400, 500 dan 600 MPa untuk 3, 5, 10, dan 15 min. Rawatan-rawatan tersebut telah berjaya mengurangkan tahap populasi mikrob dengan ketara ($p < 0.05$) ke tahap yang tidak dapat dikesan. Walau bagaimanapun, nangka yang telah dirawat dengan tekanan tinggi menunjukkan perbezaan yang tidak ketara ($p > 0.05$) dari segi komposisi proksimat dan petunjuk ΔE bagi perbezaan warna. Akan tetapi, HPP telah meningkatkan tahap kekerasan dan kekenyalan buah nangka dengan ketara ($p < 0.05$). Dari segi sifat enzim pula, aktiviti enzim *polygalacturonase* (PG) dan *pectin esterase* (PE) telah dikurangkan dengan ketara ($p < 0.05$) oleh HPP. Hasil-hasil kajian ini menunjukkan yang HPP telah berjaya menyahaktifkan mikroorganisma vegetatif dan pada masa yang sama, mengekalkan sifat-sifat fizikokimia nangka. Seterusnya, rawatan optimum iaitu pada tekanan 500 MPa dan masa pemprosesan 5 min telah dipilih untuk memproses buah nangka yang dibungkus menggunakan pembungkusan vakum kulit (VS) dan vakum nilon (VN). Sampel-sampel ini kemudiannya disimpan pada suhu dingin (4 °C) untuk kajian hayat simpan. HPP berjaya meningkatkan jangka hayat simpan buah nangka yang dibungkus dengan VS dan VN dengan ketara ($p < 0.05$), iaitu sehingga 60 hari tempoh penyimpanan. Dalam tempoh penyimpanan, kedua-dua

sampel buah nangka yang dibungkus dengan VS dan VN, dan dikenakan rawatan HPP tidak menunjukkan perbezaan yang ketara ($p > 0.05$) dari segi nilai L^* , a^* , dan b^* . Dari segi tekstur dan aktiviti enzim, tiada perbezaan yang ketara ($p > 0.05$) antara buah nangka yang dibungkus dengan VS dan VN selepas rawatan HPP. Namun begitu, penilaian deria oleh 48 ahli panel telah menunjukkan bahawa terdapat perbezaan yang ketara ($p < 0.05$) antara buah nangka yang tidak dirawat dengan buah nangka yang dirawat menggunakan HPP. Hasil kajian daripada kajian ini menunjukkan bahawa rawatan 500 MPa untuk 5 min berjaya memanjangkan jangka hayat simpan dan mengekalkan sifat fizikokimia buah nangka, tanpa mengira jenis pembungkusan yang digunakan.



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I certify that a Thesis Examination Committee has met on 24 May 2018 to conduct the final examination of Ng Siang Keat on his thesis entitled "High Pressure Processing of Jackfruit (*Artocarpus heterophyllus* L.) Bulb" in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U.(A) 106] 15 March 1998. The Committee recommends that the student be awarded the Master of Science.

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LIST OF ABBREVIATIONS

<i>et al.</i>	<i>et alia</i> (and others)
h	hour
min	minute
s	second
L	litre
mL	millilitre
μL	microlitre
kg	kilogram
g	gram
mg	milligram
μm	micrometre
mm	millimetre
°C	Celsius
%	percent
ALP	Aluminium Laminated Packaging
<i>E. coli</i>	<i>Escherichia coli</i>
EMB	Eosin Methylene Blue
EVA	Ethylene-vinyl Acetate
HPP	High Pressure Processing
HP-treated	High Pressure Treated
<i>L. monocytogenes</i>	<i>Listeria monocytogenens</i>
LDPE	Low Density Polyethylene
LLDPE	Linear Low-density Polyethylene
MAP	Modified Atmosphere Packaging
MPa	megapascal
N	Newton
PP	Polypropylene
PE	Polyethylene
PET	Polyethylene terephthalate
PG	Polygalacturonase
PE	Pectin Esterase
PCA	Plate Count Agar
PDA	Potato Dextrose Agar
TPC	Total Plate Count
VS	Vacuum Skin
VN	Vacuum Nylon
VS-HPP	Vacuum Skin packaging with High Pressure Processing
VN-HPP	Vacuum Nylon packaging with High Pressure Processing

CHAPTER 1

INTRODUCTION

The shelf life of fresh fruit and vegetable products are relatively short and may vary from a few days to a few weeks. The shelf life of the products is greatly dependent on the types of fruit, vegetables and storage conditions. Thus, various preservation techniques or post-harvest technologies have been introduced to extend the shelf life of the products. For instances, the use of chemical sanitizers such as chlorine and organic acid, physical preservation techniques such as heating, modified atmosphere packaging (MAP), irradiation, ultraviolet light and ultrasound Ramos *et al.* (2013). Notably, conventional processing methods, such as thermal pasteurization and sterilization, are used to destroy the pathogenic microorganisms and reduce the water activity in food system, thus inhibiting the growth of microorganisms and secure the safety of the food. However, conventional preservation techniques can induce negative impacts on the food in terms of colour, texture and nutritional properties (Fernandes *et al.*, 2015). Therefore, new preservation techniques are being explored and developed to overcome the limitations of conventional technology. A novel technology, high pressure processing (HPP), was developed and became a major technology used in the preservation of different types of food.

Jackfruit (*Artocarpus heterophyllus*), is also known as nangka (Javan and Malay), jacquier (French), khnaor (Cambodia), langka (Philippine), and khanum (Thailand). It is one of the local non-seasonal tropical fruits that are increasingly gaining popularity and is cultivated throughout the Southeast Asia tropics region (Rajendran, 1992). Jackfruit is extensively planted for local and export markets. It is rich in carbohydrate, fiber, potassium and carotene. Certain jackfruit pulp has fibrous, thin, soft and musky flesh and emits a strong aroma when ripe (Saxena *et al.*, 2011b). Jackfruit from Malaysia is mainly exported to Singapore, Thailand, Hong Kong and Brunei. In recent years, the Department of Agriculture has identified jackfruit as one of the six high-value non-seasonal tropical fruits marked for the Entry Point Project (EPP). The EPP was launched under the Agriculture National Key Economic Area (NKEA) and PEMANDU's Economic Transformation Programme (ETP) with the aim to increase the export of local premium fruits and vegetables to the Middle East and Europe. The Ministry of Agriculture has targeted an increase in the total export value of Malaysian premium fruits and vegetables to RM400 million (www.doa.gov.my). Therefore, research on postharvest treatment and minimal processing are essential to improve the overall quality and shelf life of local tropical fruits for export markets. Minimally-processed fruits will boost the fruit's potential internationally.

With the recent shift in consumer's lifestyle towards healthy living and healthier food, the consumption of fresh fruits has become popular. As mentioned earlier, traditional processing technologies, particularly those that involves heat, can instigate damaging

effects on the products, especially in terms of color and texture. Thus, there has been an increasing interest in minimal processing technologies, such as HPP, irradiation and pulsed electric field, to prolong the shelf life of fruits. By comparing the effects of HPP and other non-thermal processing technologies, such as irradiation and pulsed electric field, on the processing of food, it is clear that HPP provides much more reliability and feasibility in large scale of processing of food products. Thus, HPP was chosen as the non-thermal processing method to be used in this study. Also, there have been various studies on the effect of HPP on the physicochemical characteristics of different fruit and vegetable juices (Houška *et al.*, 2006). However, there are limited studies on the effect of HPP on tropical fruits such as jackfruit. Thus, the primary aim of this research was to investigate the effect of HPP in prolonging the shelf life of jackfruit while at the same time, preserving the fresh fruit's characteristics.

Basically, the importance of this research was to preserve and enhance the shelf life of tropical fruits using HPP, and without the application of any thermal treatment. It is hoped that HPP could be an alternative processing technology to be used by the food industry to commercialize tropical fruits and expand their market globally to potential countries such as China. The outcomes of this project are expected to bring a significant commercial value to our local food industry.

Specifically, the objectives mentioned above can be further refined into following sub-objectives:

1. To evaluate the effect of HPP on the microbiological, physicochemical and enzymatic properties of jackfruit bulbs at different pressures and holding times.
2. To determine the effect of optimized HPP parameters on the sensory evaluation and shelf life study of jackfruit bulbs packed using selected packaging materials.

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