



UNIVERSITI PUTRA MALAYSIA

***PREPARATION AND CHARACTERIZATION OF CANTALOUPE
(Cucumis melo L. reticulatus cv. Glamour) FRUIT POWDER USING
FOAM MAT DRYING AND SPRAY DRYING***

TAN SUET LI

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By

TAN SUET LI

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

July 2020

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

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July 2020

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Fresh cantaloupe is highly perishable and has a short shelf life. Therefore, drying is used to preserve the quality of cantaloupe fruit in the form of powder that is stable over a longer storage period. The objectives of this research were (i) to evaluate the effect of Arabic gum concentration on the foam properties, drying curve and physicochemical properties of foam mat dried cantaloupe powder, (ii) to evaluate the effect of Arabic gum concentration on physicochemical properties of spray dried cantaloupe powder, (iii) to determine the storage stability of foam mat dried and spray dried cantaloupe powder at room temperature (25 ± 2 °C, 50-70% RH) and accelerated condition (38 ± 2 °C, $90 \pm 2\%$ RH) and (iv) to determine the rheological properties of cake icing incorporated with foam mat dried and spray dried cantaloupe powder. Cantaloupe puree (with pulp) was foam mat dried (FMD) using Arabic gum (AG) at different concentrations (0-15%) in cabinet dryer at 55 °C with 3 mm foam thickness. The results showed that cantaloupe pulp with 10% AG gave better foam properties. Page model fitted well the drying curve of FMD of cantaloupe. FMD cantaloupe powder with 10% AG showed better flowability and lower moisture content, hygroscopicity and cohesiveness. For spray drying, cantaloupe juice (without pulp) was dried with AG concentrations (0-15%) at inlet temperature at 170 °C and outlet temperature at 90 °C. Spray dried (SD) cantaloupe powder produced with 10% AG exhibited the best quality in terms of moisture content, hygroscopicity, hue, water solubility index and total carotenoid content. Therefore, FMD and SD cantaloupe powders with 10% AG were chosen for storage study and application in cake icing. After 6 months of storage, FMD and SD cantaloupe powders were safe to be consumed as the total plate count, yeast and mould and *Bacillus cereus* had less than 4.40 and 3.38 log CFU/ml, respectively. The degradation of carotenoid content of cantaloupe powders followed first order reaction. A rheological test was done on the cake icing incorporated with 10% AG of FMD

and SD cantaloupe powder in the temperature range of 15 to 35 °C. Cake icing incorporated with cantaloupe powders fitted the Power law model and the flow behaviour index (n) of the icings were between 0.104 and 0.156 showed no significant difference ($p > 0.05$) with the control sample. The icing incorporated with FMD and SD cantaloupe powder showed higher b^* value compared to the control sample. FMD and SD cantaloupe powder can be used as a natural colourant and are suitable for confectionery products such as cake icing. The data in this study is useful in food product development and the use of AG could provide more information in foam mat drying using AG as carrier agent.



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

**PENYEDIAAN DAN PENCIRIAN SERBUK TEMBIKAI WANGI (*Cucumis melo*
L. reticulatus cv. Glamour) DENGAN CARA PENGERINGAN BUIH DAN
SEMBURAN**

Oleh

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Tembikai wangi adalah sumber karotenoid, fenolik, flavonoid, karbohidrat dan mineral yang sangat baik. Tembikai wangi yang segar sangat mudah rosak dan mempunyai jangka hayat yang pendek. Oleh itu, pengeringan digunakan untuk mengekalkan kualiti buah tembikai wangi dalam bentuk serbuk yang stabil dalam tempoh penyimpanan yang lebih lama. Tujuan kajian ini adalah (i) untuk mengenalpasti kesan kepekatan gam arabik terhadap sifat buih, lengkungan pengeringan dan sifat fizikokimia dari serbuk tembikai wangi yang dibuih kering, (ii) untuk mengenalpasti kesan kepekatan gam arabik terhadap sifat fizikokimia dari serbuk tembikai wangi yang disembur kering, (iii) untuk menentukan kestabilan penyimpanan serbuk tembikai wangi yang dibuih dan disembur kering pada suhu bilik (25 ± 2 °C, 50-70% RH) dan keadaan dipercepat (38 ± 2 °C, $90 \pm 2\%$ RH) dan (iv) untuk mengkaji sifat reologi aising kek yang dicampur dengan serbuk tembikai wangi yang dibuih dan disembur kering. Puri tembikai wangi (dengan pulpa) dibuih kering dengan pelbagai kepekatan gam arabik (GA) (0-15%) dalam pengeringan kabinet di bawah suhu 55 °C dan ketebalan buih pada 3 mm. Keputusan menunjukkan bahawa pulpa tembikai wangi dengan 10% GA menunjukkan sifat buih yang lebih baik. Model Page didapati sesuai untuk lengkungan pengeringan buih buah tembikai wangi. Serbuk tembikai wangi yang dibuih kering yang dihasilkan dengan 10% GA menunjukkan pengaliran yang baik dan kandungan kelembapan, penyerapan air dan kohesif yang lebih rendah. Bagi pengeringan semburan, jus tembikai wangi (tanpa pulpa) dikeringkan dengan kepekatan GA (0-15%) di bawah suhu udara masuk pada 170°C dan suhu udara keluar pada 90 °C. Dalam pengeringan semburan, serbuk tembikai wangi yang dihasilkan dengan 10% GA mempunyai kualiti yang terbaik dari segi kandungan kelembapan, penyerapan air, warna, kelarutan air dan jumlah kandungan karotenoid. Oleh itu, serbuk tembikai wangi yang dibuih dan disembur kering dengan 10% GA dipilih untuk kajian yang seterusnya dalam penyimpanan dan aising kek.

Selepas 6 bulan penyimpanan, serbuk tembikai wangi yang dibuih dan disembur kering adalah selamat digunakan kerana jumlah bilangan plat, yis dan *Bacillus cereus* mempunyai kurang daripada 4.40 dan 3.38 log CFU/ml, masing-masing. Degradasi kandungan karotenoid pada serbuk tembikai wangi mengikut jenis reaksi terbitan pertama. Ujian reologi bagi aising kek yang dicampurkan dengan 10% GA serbuk tembikai wangi yang dibuih dan disembur kering dijalankan pada suhu 15 hingga 35 °C. Aising yang dicampurkan dengan serbuk tembikai wangi mempamerkan kelakuan reologi mengikut Power law dan indeks kelakuan aliran (n) bagi aising adalah antara 0.104 dan 0.156 menunjukkan tiada perbezaan yang signifikan ($p > 0.05$) dengan sample kawalan. Aising yang dicampurkan dengan serbuk tembikai wangi yang dibuih dan disembur kering menunjukkan b^* yang lebih tinggi berbanding dengan sample kawalan. Serbuk tembikai yang dibuih dan disembur kering boleh digunakan untuk pewarna yang semula jadi dan sesuai untuk produk gula-gula seperti icing kek. Data dalam kajian in berguna dalam pengembangan produk makanan dan penggunaan GA dapat memberikan lebih banyak maklumat dalam pengeringan dibuih kering menggunakan GA sebagai agen pembawa.

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This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfilment of the requirement for the degree of Master of Science. The members of the Supervisory Committee were as follows:

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








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LIST OF ABBREVIATIONS

%	Percentage
°C	Degree celcius
η_{100}	Apparent viscosity
aw	Water activity
a*	Redness or greenness
AC	Accelerated condition
AG	Arabic gum
AlCl ₃	Aluminium chloride
b*	Yellowness or blueness
CFU/g	Colony forming unit per gram
CFU/ml	Colony forming unit per milliliter
E _a	Activation energy
g	Gram
k	Reaction rate constant
K	Consistency coefficient
kJ/mol	Kilo joule per mol
L*	Lightness
M	Mol
mg GAE/g	Milligran gallic acid per gram
mg RE/g	Milligram rutin per gram
Min	Minute
ml	Millilitre
mm	Millimetre
n	Flow behaviour index

NaNO ₂	Sodium nitrite
NaOH	Sodium hydroxide
NEB	Non-enzymatic browning
nm	Nanometre
Pa s	Pascal second
QE	Quercetin
RH	Relative humidity
RT	Room temperature
s	Second
t _{1/2}	Half-life
TCC	Total carotenoid content
TFC	Total flavonoid content
T _g	Glass transition temperature
TPC	Total phenolic content
ug	Microgram
wt/wt	Weight per weight
h	Hour

CHAPTER 1

INTRODUCTION

1.1 Research background

Cantaloupe (*Cucumis melo* L. *reticulatus* cv. Glamour), is also known as rockmelon or muskmelon, a member of the *Cucurbitaceae* family. Cantaloupe is a round melon with a network of intertwining vines at the outside and contains succulent, sweet, fragrant yellow-orange colour flesh inside. There are several major pigments found in cantaloupe such as carotene and lutein, and few minor pigments such as cryptoxanthin, phytoene, violaxanthin, and zeaxanthin. Cantaloupe produces yellow-orange flesh due to the presence of carotenoids which are the most abundant natural pigments in fruits and vegetables. Carotenoid is a group of phytochemicals that plays a vital role as antioxidant in human which can prevent or repair cells and tissues from oxidative damages and diminish risk for different kinds of cancer, cardiovascular or ophthalmological illness (Stahl & Sies, 2003). Carotenoids intakes are associated with the reduction of breast cancer risk. Cantaloupe is also an excellent source of vitamin C, β -carotene, folic acid, dietary fiber and potassium, which provides many potential health benefits to the consumers (Aune et al., 2012).

Cantaloupe is available year-round in Malaysia. Department of Agriculture (DOA) reported that the cantaloupe production was increased from 3515.1 metric ton to an average of 4452.2 metric ton from 2014 to 2017 (DOA, 2017). Cantaloupe has a high commercial value and is much accepted by the consumer because of its special taste and high nutritional characteristic. However, the fruit is highly perishable and its postharvest shelf life is limited to about 2 weeks. During the seasonal period, large amounts of cantaloupe fruits were produced and led to quality degradation such as excessive softening and flavor deterioration. Moreover, the presence of high amounts of water and sugar in cantaloupe fruit susceptible to spoilage by yeasts, moulds and bacteria (Tournas et al., 2006). In order to overcome these problems, drying is one of the processes can be used to preserve the product, inhibit or slow down microbial growth and product degradation in order to prolong its product shelf life (Hardy & Jideani, 2017). Fruit powder is easier to carry and store as it cuts down the volume and the shelf life of the fruit powder is longer. Fruit powder is usually used as ready to drink fruit powder and consumed straightly as revitalizing drink after dissolving in water. It can also use as an ingredient in beverage, soup, jelly, pudding, cake, and ice cream.

There are few drying techniques that are available to produce fruit powders such as convective drying, freeze drying, spray drying, foam mat drying, microwave drying and vacuum drying. However, Karam et al. (2016) reported

that every type of drying technique has its strengths and weaknesses. The physicochemical properties of the fruit powder are varied according to the drying techniques and conditions. Among the different drying techniques, the most frequent and widely used by the industry is spray drying (Phisut, 2012); as it provides rapid drying through continuous operation. However, the high temperature (can be more than 200 °C) used in spray drying might cause oxidative degradation to the thermal sensitive compounds (Anwar & Kunz, 2011; Shishir & Chen, 2017). In addition, spray drying of fruit juice is not easy due to the existence of low molecular weight sugar and organic acid contents in the fruit juice. During drying, the low molecular weight of sugar and organic acid will remain as syrup or stick on the drier chamber wall. Thus, appropriate setting of drying parameters such as inlet temperature, outlet temperature, feed flow rate, air drying speed and types of carrier agent and its concentration are important to produce high quality of spray dried powder (Chegini et al., 2008). To ease the process, high molecular weight of substances, for instance, maltodextrin, Arabic gum, tapioca starch and whey protein are utilized as carrier agents in spray drying of fruit juice to increase the glass transition temperature and reduce the stickiness of the powder (Darniadi et al., 2018; Yousefi et al., 2011). Thus, a less hygroscopic and excellent flowability powder can be produced. Besides, Arabic gum has high solubility and low viscosity properties that speeds up the spray drying process (Tonon et al., 2011).

Hardy and Jideani (2017) revealed that the drying of fruit pulp in foam mat drying is the simplest, cheapest and convenient technique to produce fruit powder. There are three simple steps in foam mat drying: (i) adding foaming agent or stabilizer to the feed solution followed by a whipping process to produce stable foam, (ii) drying the thin layer foamed liquid, and (iii) grinding the dried flakes to get fine powder (Raharitsifa & Ratti, 2010; Shaari et al., 2018). When comparing to the non-foamed sample in similar sort of dryer and conditions, the advantages of utilization of foam mat drying are lower dehydration temperature and shorter dehydration period (Widyastuti & Srianta, 2011). Foaming agents commonly used in foam mat drying are protein, gum and various emulsifiers. Stable foam is important to enable a high speed of drying and produce desirable characteristic of dry product, for example good rehydration properties and high retention of volatiles compounds (Wilson et al., 2012).

Cantaloupe fruit was chosen in this study as the cantaloupe producer from Jeram and Kuala Selangor approached us and requested for cantaloupe-based product which can have longer shelf life. Since there is lack of information on the effect of carrier agent concentration on qualitative and quantitative indicators of foam mat dried and spray dried cantaloupe powder, storage stability of the cantaloupe powder and rheological properties of its food application such as in cake icing. Research on the effect of Arabic gum concentration and drying methods on physicochemical properties of cantaloupe powder contributes a nutritious and accessible cantaloupe fruit powder to all society.

1.2 Problem statement

Cantaloupe fruit is seasonal fruit with short shelf life. During harvest time, a large amount of cantaloupe is produced, and consequently quality degradation of the fruit has happened. To develop a long shelf stable cantaloupe product, drying method is one of the greatest choices in post-harvest technology. However, cantaloupe fruit has high sugar content and low glass transition temperature and it also contains heat sensitive bioactive compounds which are not stable for thermal processing. Among various drying treatments, foam mat drying is one of the most suitable methods to dehydrate any heat sensitive and sticky products as foam mat drying can be carried out at lower temperature and shorter time compared to conventional hot air drying method. Spray drying is also used to produce heat sensitive product as its drying time is very short (~5 s). Moreover, choosing a suitable Arabic gum concentration is crucial in foam mat drying and spray drying since it can affect the overall final quality of the fruit powder. In addition, there is lack of previous study on (i) the effect of Arabic gum concentration on cantaloupe powder using foam mat drying methods, (ii) the effect of storage condition on the cantaloupe powder and (iii) the food application of cantaloupe powder in confectionery. Therefore, in this study, cantaloupe powder could help in developing a healthy and indulgent confectionery product such as cake icing to all society especially dessert lover.

1.3 Objectives

The research aims to produce high quality cantaloupe powder using foam mat drying and spray drying methods with suitable concentration of Arabic gum. To achieve the aim, several objectives were stated as follows:

- a) To evaluate the drying curve, foam properties and physicochemical properties of foam mat dried cantaloupe powder produced using different concentration of Arabic gum
- b) To evaluate the physicochemical properties of spray dried cantaloupe powder produced using different concentrations of Arabic gum
- c) To determine the effect of storage conditions on physicochemical properties and microbiological analyses of foam mat dried and spray dried cantaloupe powders
- d) To evaluate the effect of temperature on the rheological properties of cake icing incorporated with foam mat dried and spray dried cantaloupe powders

1.4 Scope and limitation of research

This study was conducted to produce foam mat dried and spray dried cantaloupe powders using four various Arabic gum concentrations. Understanding the physicochemical properties and microbiological analyses of cantaloupe powder on storage condition is important for food engineer to calculate the shelf life of the product and aids the food producer and consumers to choose the suitable conditions for storage. The originality of this study is lack of previous study have been done on (i) foam mat drying using various Arabic gum concentration as drying aid, (ii) storage stability of foam mat dried and spray dried cantaloupe powder and (iii) application of cantaloupe powder on cake icing. The limitation of this study is the finding from this research is specific for the selected drying methods and conditions for *Cucumis melo* L. *reticulatus* cv. Glamour fruit.

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Tan Suet Li was born on 21st March, 1993 in Kuantan, Pahang, Malaysia. She acquired her early education at SJKC Semambu (2000-2005), secondary school at SMK Cenderawasih (2006-2010) and pre-university at SMK Tengku Panglima Perang Tengku Muhammad (2011-2012). Subsequently, she continued her studies at Universiti Putra Malaysia in Bachelor of Food Studies (2013-2017) and graduated with first class honours. In September 2017, she enrolled herself as a postgraduate student in Master in Food Technology at Faculty Food Science and Technology, Universiti Putra Malaysia under supervision of Assoc. Prof Dr. Rabiha Sulaiman.



LIST OF PUBLICATIONS

- Tan, S. L., & Sulaiman, R. (2019). Color and Rehydration Characteristics of Natural Red Colorant of Foam Mat Dried Hibiscus sabdariffa L. Powder. *International Journal of Fruit Science*, 1-17.
- Tan, S. L., Sulaiman, R., Rukayadi, Y., & Ramli, N. S. (2021). Physical, chemical, microbiological properties and shelf life kinetic of spray-dried cantaloupe juice powder during storage. *LWT*, 140, 110597.
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- Tan, S. L., Sulaiman, R., Rukayadi, Y., & Ramli, N. S. (2020). Storage stability, carotenoid kinetics and microbiological analyses of foam mat dried cantaloupe powder under different storage conditions. *Food Research International*. Submitted.
- Tan, S. L., Sulaiman, R., Rukayadi, Y., & Ramli, N. S. (2020). Physicochemical properties of spray dried cantaloupe powder and rheological behaviour of cake icing. *International Food Research Journal*. Submitted.

Conference

- Tan S. L., Sulaiman R., Rukayadi Y., and Ramli N. S. (2019). Rheological Properties of Icing Cake Incorporated with Cantaloupe Powder Produced using Different Drying Methods. 2nd International Food Research Conference (IFRC 2019), 27-29 August, Putrajaya, Malaysia.



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