

**DEVELOPMENT OF JACKFRUIT (*Artocarpus heterophyllus*)  
BASED READY TO COOK KOTTU MIX**



By  
**P.G.V.A.R.Vidanage**



FTC308

Main Library, Eastern University, Sri Lanka

**Department of Biosystems Technology  
Faculty of Technology  
Eastern University, Sri Lanka  
Chenkalady**

## ABSTRACT

This study aims to development of Jackfruit (*Artocarpus heterophyllus*) based ready to cook Kottu mix and evaluate the nutritional composition and sensory properties. The jackfruit is rich in protein and fiber. Currently jackfruit has surplus of harvest in locally. That amount can reduce with this kind of value added products. This product value added with vegetables and spices as a seasoning and flavoring. Jackfruit flesh part only use for this product. That potion contain significant amount of nutrient such as vitamins, minerals, carbohydrate and protein. In this study conducted under the five combinations of dehydrated samples (T<sub>1</sub>–T<sub>5</sub>). In this study 60<sup>0</sup>C of constant temperature use for the dehydration and dehydration time was changed as treatment. T<sub>1</sub>; control sample (fresh sample), T<sub>2</sub> –T<sub>5</sub>; dehydrated with constant temperature (60<sup>0</sup>C) with 4, 6, 8 and 10 hours duration. Dehydrated product evaluated for sensory evaluation as recooked product. The recooked products were evaluated according to the 7 point hedonic scale. Physical properties were evaluated (yield, weight loss, rehydration ratio and bulk density) and proximate analysis (moisture, fat, ash, fiber, protein and carbohydrate) was done. To ensure the safety and shelf life of ready to cook product, microbial testing was also carried out under normal storage temperature. Sensory evaluation revealed that, T<sub>5</sub> sample was accepted by the consumer preference. T<sub>1</sub> and T<sub>5</sub> using one way ANOVA to determine significant differences across multiple parameters. Result revealed that T<sub>5</sub> was selected and having protein content (%) 4.55±0.01, moisture content (%) 6.34±0.2, fat content (%) 17.33±0.01, fiber content (%) 4.66±0.01 and carbohydrate content (%) 59.43±0.01. The physical properties of ready to cook Kottu mix depends on the treatment was yield (%) of jackfruit is 27.13, and Bulk density was 0.37 Pa. In T<sub>5</sub> exhibit significantly high value in protein, fat, ash, fiber and carbohydrate content, indicate superior nutritional density. Physical properties showing favorable conditions for dehydrated product in T<sub>5</sub> treatment.

**Keywords:** Dehydrated, Jackfruit Flesh, Kottu, Ready to cook, Vegetables

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