# OPTIMIZATION AND CHARACTERIZATION OF ULTRASONICALLY TREATED JACKFRUIT SEED STARCH

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This Master's Thesis is dedicated to:

My beloved father and mother, Mohamad Yazid bin Mohamad Salleh and Azian binti Omar, Thank you, mum and dad, For your endless support in both moral and financial terms, For your continuous duas and prayers, eternal love and care, Because without all of these things, I will not be able to come this far My one and only little brother, Mohamad Safwan bin Mohamad Yazid, Thank you for taking care of Aleesya when in need To my husband; Ahmad Azimuddin bin Datuk Hj. Baharudin And my sweet little daughter; Aleesya Whom I love so dear Thank you for being so understanding

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#### ABSTRACT

Jackfruit seeds contain a high amount of starch but its native is unable to attain required specifications for food industrial applications and researchers are looking for an addition in current available starch products in market. Thus, the aim of this study is to modify jackfruit seed starch (JSS) from a variety of J33 on its physicochemical properties by applying ultrasound treatment. Starch from jackfruit seed was isolated using distilled water and grinded into powder for analysis. The significant effect of factors (starch concentration and ultrasound time) towards responses (paste viscosity, moisture content, and paste clarity) was analysed prior to optimization. Physicochemical properties of the native and ultrasonically treated JSS were then analysed. The results suggested that the paste viscosity of 22.93±13.66cP, moisture content of 10.77±0.07%, and paste clarity of 0.15±0.02% can be achieved at 45% starch concentration and 5 min sonication time. Ultrasound treatment caused the paste viscosity of JSS to be more viscous at 58.14% compared to the untreated JSS. However, in terms of moisture content and paste clarity, the ultrasonically treated JSS exhibited a reduction in value at 17.15% and 37.5% compared to the untreated JSS. In conclusion, JSS can be utilized as an addition to the currently available commercial native and chemically modified starch.



### ABSTRAK

Biji nangka mengandungi kandungan kanji yang tinggi, namun dalam keadaan asli, ia tidak dapat memenuhi spesifikasi yang diperlukan untuk kegunaan industri makanan dan para pengkajing sedang mencari kaedah untuk tambahan didalam pasaran kanji sedia ada di pasaraya Maka, tujuan utama kajian ini adalah untuk mengubahsuai kanji biji nangka dari jenis J33 ke atas ciri-ciri fizikokimia dengan menggunakan rawatan ultrabunyi. Kanji dari biji nangka diasingkan menggunakan air suling dan dikisar menjadi serbuk bagi tujuan analisa. Kesan yang penting oleh faktor (kepekatan kanji dan masa rawatan ultrasound) terhadap tindak balas (kelikatan adunan, kandungan kelembapan dan kejelasan adunan) telah dianalisa sebelum proses pengoptimuman. Sifat fizikokimia kanji asli dan kanji yang telah dirawat menggunakan rawatan ultrasound kemudian dianalisa. Hasil dapatan kajian menunjukkan bahawa kelikatan adunan iaitu 22.93±13.66cP, kandungan kelembapan iaitu 10.77±0.07% dan kejelasan adunan iaitu 0.15±0.02% boleh dicapai di bawah keadaan kepekatan kanji 45% dan masa rawatan ultrabunyi 5 minit. Rawatan ultrasound menyebabkan kepekatan kanji biji nangka meningkat sebanyak 58.14% berbanding kanji yang tidak dirawat. Walaubagaimanapun, dari aspek kandungan kelembapan dan kejelasan adunan, kanji biji nangka yang dirawat menggunakan rawatan ultrasound menunjukkan pengurangan pada nilai 17.15% dan 37.5% jika dibandingkan dengan kanji biji nangka yang tidak dirawat. Kesimpulannya, kanji biji nangka boleh digunakan sebagai tambahan kepada kanji yang sedia ada di pasaran komersial secara asli dan telah diubahsuai secara kimia.



# TABLE OF CONTENTS

# TITLE

	DECI	LARATION OF THESIS STATUS	
	EXAN	MINER'S DECLARATION PAGE	
	DECI	LARATION	ii
	DEDI	CATION	iii
	ACK	NOWLEDGEMENT	iu iv MINAH
	ABST	TRACT	V
	ABST	TRACT TRAK	vi
	TABI	LE OF CONTENT	vii
	LIST	OF TABLES	xii
	LIST	OF FIGURES	xiv
CHAPTER 1	INTR	ODUCTION	1
	1.1	Background of the study	1
	1.2	Problem statement	3
	1.3	Significance of the study	5
	1.4	Research objectives	5
	1.5	Scope of the study	6

## CHAPTER 2 LITERATURE REVIEW

2.1	Overview	7
2.2	Jackfruit	8
2.2.1	Jackfruit waste	11
2.3	Starch	15
2.3.1	Jackfruit seed starch (JSS)	16
2.4	Potential application of starch in food industry	17
2.4.1	Starch as stabilizer and food additive	17
2.4.2	Starch as thickener	19
2.5	Starch modification	20
2.6	Starch modification using ultrasound	21
2.6.1	Effect of ultrasound treatment on paste	22
	viscosity	
2.6.2	Effect of ultrasound treatment on moisture	23
	content	
2.6.3	Effect of ultrasound treatment on paste clarity	23
2.6.4	Effect of ultrasound treatment on gelling	23
	capabilities	
2.6.5	Effect of ultrasound treatment on swelling	24
	power and solubility	
2.6.6	Effect of ultrasound treatment on thermal	24
	properties	
2.6.7	Effect of ultrasound treatment on crystallinity	26
	measurement	
2.6.8	Effect of ultrasound treatment on	27
	morphological properties	
2.7	Starch properties and its characterization	28
	1 I	

7

	2.8	Optimization using Response Surface Methodology (RSM)	29
CHAPTER 3	METH	IODOLOGY	30
	3.1	Overview	30
	3.2	Materials	32
	3.3	Powder preparation from jackfruit parts	32
	3.4	Iodine test	33
	3.5	Isolation of starch	33
	3.6	Design of experiment (DOE)	34
	3.6.1	DOE for the screening of the significant factors	34
	3.6.2	DOE for the screening of the ultrasonically treated jackfruit seed starch (JSS)	35
	3.7	Model fitting	36
	3.8	Optimization	37
	3.9	Validation	38
	3.10	Physicochemical properties analysis	38
	3.10.1	Paste viscosity	39
	3.10.2	Moisture content	39
	3.10.3	Paste clarity	39
	3.10.4	Least gelation concentration (LGC)	39
	3.10.4	Swelling power (sp) and solubility (%)	40
	3.10.6	Thermal properties	40
	3.10.7	Crystallinity measurement	41

	3.10.8	Morphological characteristics	41
	3.10.9	Chemical structure analysis	42
	3.10.10	Statistical analysis	42
CHAPTER 4	RESUI	LTS AND DISCUSSION	43
	4.1	Overview	43
	4.2	Iodine test	44
	4.3	Screening of the significant factors	44
	4.4	Model fitting	48
	4.5	Optimization	58
	4.6	Model validation	61
	4.7	Physicochemical properties analysis	62
	4.7.1	Paste viscosity Moisture content	62
	4.7.2	Moisture content	64
	4.7.3	Paste clarity	66
	4.7.4	Least gelation concentration (LGC)	71
	4.7.5	Swelling power (sp) and solubility (%)	74
	4.7.6	Thermal properties	78
	4.7.7	Crystallinity measurement	83
	4.7.8	Morphological characteristics	86
	4.7.9	Chemical structure analysis	91
CHAPTER 5	CONC	LUSION AND RECOMMENDATIONS	94
	5.1	Conclusion	94

x

5.2	Recommendations	95
REFE	RENCES	97

# LIST OF TABLES

2.1	Percentage of jackfruit parts including pulp, rind, peel and seed	8
2.2	Land usage for plantation 2011-2020	9
2.3	Differences between Mantin (J32), Tekam Yellow (J33) and	
	Mastura (J35)	10
2.4	Amylose and amylopectin in starch	10 15
2.5	Starch sources and functioning as stabilizer and food additive in	
	various food products making	18
2.6	Starch sources and functioning as thickene	19
3.1	Total amount of runs as generated by the Minitab 18 software used	
	for screening purpose	35
3.2	Total amount of runs and two factors for the experiment using	
	RSM	37
3.3	RSM Designation of starch samples	37 38
3.3 4.1		
	Designation of starch samples	
	Designation of starch samples Experimental design and results for untreated and ultrasonically-	38
4.1	Designation of starch samples Experimental design and results for untreated and ultrasonically- treated JSS	38 48
4.1 4.2	Designation of starch samples Experimental design and results for untreated and ultrasonically- treated JSS Sequential model sum of squares for paste viscosity	38 48 49
<ul><li>4.1</li><li>4.2</li><li>4.3</li></ul>	Designation of starch samples Experimental design and results for untreated and ultrasonically- treated JSS Sequential model sum of squares for paste viscosity Lack of fit tests for paste viscosity	38 48 49 49
<ul><li>4.1</li><li>4.2</li><li>4.3</li><li>4.4</li></ul>	Designation of starch samples Experimental design and results for untreated and ultrasonically- treated JSS Sequential model sum of squares for paste viscosity Lack of fit tests for paste viscosity Model summary statistics for paste viscosity	38 48 49 49 49
<ul> <li>4.1</li> <li>4.2</li> <li>4.3</li> <li>4.4</li> <li>4.5</li> </ul>	Designation of starch samples Experimental design and results for untreated and ultrasonically- treated JSS Sequential model sum of squares for paste viscosity Lack of fit tests for paste viscosity Model summary statistics for paste viscosity Sequential model sum of squares for moisture content	38 48 49 49 49 49 50

xii

4.9	Lack of fit tests for paste clarity	51
4.10	Model summary statistics for paste clarity	52
4.11	ANOVA for response surface quadratic model for paste viscosity	52
4.12	ANOVA for response surface quadratic model for moisture content	53
4.13	ANOVA for response surface quadratic model for paste clarity	54
4.14	Model validation for ultrasound-treated JSS	62
4.15	Least gelation concentration for all starches	73
4.16	Endothermal properties ( $T_o$ , $T_p$ , $T_c$ , gelatinization enthalpy, and	
	temperature range) of native and ultrasonically treated jackfruit	
	seed starch (JSS), native and chemically modified potato, tapioca	
	and waxy maize starches obtained from DSC thermograms	81

# xiii

## LIST OF FIGURES

2.1	Cross-sectional dimensions of jackfruit	12
2.2	Jackfruit seeds from J33 variety	14
3.1	Overall experimental workflow	31
3.2	Experimental setup for starch suspension treated with ultrasound	36
4.1	Iodine test for a) jackfruit seed powder b) other parts powder c)	
	Blue black solution indicates starch containing sample d) brown	44
	colour of iodine solution remain unchanged shows sample tested	
	contains no starch	44
4.2	Pareto chart for two factors A referring to starch concentration (%)	
	and B referring to time (min) towards the paste viscosity response	46
4.3	Pareto chart for two factors A referring to starch	
	concentration (%) and B referring to ultrasound time (min) towards	
	the moisture content response	47
4.4	Pareto chart for two factors A referring to starch	
	concentration (%) and B referring to ultrasound time (min) towards	
	the paste clarity response	47
4.5	Normal residual plot for paste viscosity	55
4.6	Normal residual plot for moisture content	56
4.7	Normal residual plot for paste clarity	56
4.8	3D Surface plot of JSS paste viscosity	57
4.9	3D Surface plot of JSS moisture content	57
4.10	3D Surface plot of JSS paste clarity	58
4.11	Contour plot for JSS paste viscosity	59
4.12	Contour plot for JSS moisture content	60

XV

60

62

- 4.13 Contour plot for JSS paste clarity
- 4.14 Relationship between paste viscosity and temperature between different treatment conditions of ultrasound for JSS
- 4.15 Paste viscosity for all starch samples; a) native JSS, b) ultrasonically treated JSS, c) native potato starch, d) commercially modified potato starch, e) native tapioca starch, f) commercially modified tapioca starch, g) native waxy maize starch, h) commercially modified waxy maize starch
- 4.16 Relationship between moisture content and temperature between different treatment conditions of ultrasound for JSS
- 4.17 Moisture content for all starch samples; a) native JSS, b) ultrasonically treated JSS, c) native potato starch, d) commercially modified potato starch, e) native tapioca starch, f) commercially modified tapioca starch, g) native waxy maize starch, h) commercially modified waxy maize starch
- 4.18 Relationship between paste clarity and temperature between different treatment conditions of ultrasound for JSS
- 4.19 Paste clarity for all starch samples; a) native JSS, b) ultrasonically treated JSS, c) native potato starch, d) commercially modified potato starch, e) native tapioca starch, f) commercially modified tapioca starch, g) native waxy maize starch, h) commercially modified waxy maize starch
- 4.20 Relationship between paste viscosity and clarity between untreated and treated JSS at different ultrasound treatment conditions
- 4.21 Relationship between paste viscosity and moisture content between untreated and treated JSS at different ultrasound treatment conditions
- 4.22 Relationship between moisture content and clarity between untreated and treated JSS at different ultrasound treatment conditions
- 4.23 Swelling power (SP) and solubility (%) for native jackfruit seed starch (JSS N) and ultrasonically modified jackfruit seed starch

63

64

65 MNA

67

68

70

70

71

	(JSS US)	75
4.24	Swelling power (SP) and solubility (%) for native potato starch (NP) and modified potato starch (MP)	76
4.25	Swelling power (SP) and solubility (%) for native potato starch (NP) and modified potato starch (MP)	76
4.26	Swelling power (SP) and solubility (%) for native tapioca starch (NT) and modified tapioca starch (MT)	77
4.27	Swelling power (SP) and solubility (%) for native waxy maize starch (NWM) and modified waxy maize starch (MWM)	82
4.28	XRD patterns for a) native jackfruit seed starch (JSS), b) ultrasonically treated jackfruit seed starch (JSS), c) native potato starch, d) modified potato starch, e) native tapioca starch, f) modified tapioca starch, g) native waxy maize starch and h)	85
4.29	modified waxy maize starch Scanned electron micrograph (SEM) image for a) native jackfruit seed starch (JSS), b) ultrasonically treated jackfruit seed starch (JSS), c) native potato starch, d) modified potato starch, e) native tapioca starch, f) modified tapioca starch, g) native waxy maize	85
4.30	starch and h) modified waxy maize starch FTIR spectra for a) native jackfruit seed starch (JSS), b) ultrasonically treated jackfruit seed starch (JSS), c) native potato starch, d) modified potato starch, e) native tapioca starch, f) modified tapioca starch, g) native waxy maize starch and h)	90
	modified waxy maize starch	93

xvi

### **CHAPTER 1**

### **INTRODUCTION**

### **1.1** Background of the study

Jackfruit (Artocarpus heterophyllus Lam.) is a tree native to South-East Asia having multifunctional properties in food supply and industrial applications such as feedstock in the form of dried hay (Van Tri et al., 2015). Malaysia has been amongst the major producers for jackfruit species apart from India, Bangladesh, Nepal, Thailand, Myanmar, Indonesia, and the Philippines (Chhetri et al., 2019). There are five popular jackfruit varieties in Malaysia including J29, NS1 (J31), "Mantin" (J32), "Tekam Yellow" (J33), and "Mastura" (J35) (Department of Agriculture, 2019). Jackfruit can be found in oblong to a cylindrical shape, which grows well under the Malaysian climate and is categorized under non-seasonal crop, thus making it a well-known fruit due to its availability throughout the year (Sy Mohamad et al., 2019). In the food industry, jackfruit has been extensively transformed into numerous food products such as battered fried snacks, dried chips, ice-cream, and paste (Leong et al., 2016; Mamat, 2016). Land used for jackfruit plantation has increased from the year 2008 (1233 ha) to 2015 (3578 ha), followed by a rising in retail price for jackfruit selling from the year of 2015 (RM 4.10/kg) to 2016 (RM 5.40/kg) (AgroFood Statistics, 2016).

Jackfruit has been one of the seven fruits in twelve selected agricultural commodities achieving more than 100% of self-sufficiency ratio (SSR) at 104.3%, which is higher than durian 102.4% and banana 100% (Sahar & Chamhuri, 2016). There has also been a special area for jackfruit trading in Jiaxing, China, and the



largest fruit market handling jackfruit comes from Thailand and Vietnam. This is due to great jackfruit sales from the year 2016 at 2,349 tons to 29,300 tons in 2017, which continued to rise in 2018 at 38,200 tons (Jing Zang, 2019). On November 1<sup>st</sup>, 2018, the Malaysian Agriculture and Agro-Based Industries Minister had suggested exporting several Malaysia's high-value agricultural products to China that included jackfruits, pineapples, and durians (Liu, 2018). A recent study reported that jackfruit from J33 variety, which is in high demand due to its sweet taste and smell, will be exported to United Arab Emirates (UAE) by air shipment (Safari, Razali & Mustaffa, 2019).

The high consumption of jackfruit flesh leads to huge disposal of its byproducts such as rinds and seeds. Apparently, little to no data has been recorded on the economic value of these by-products, which is normally addressed as the dumping issue (Lima, Klein & Dotto, 2017). Jackfruit rinds and its cores, which hold the edible jackfruit pods, contribute to about 60% of the whole fruit and have been discarded as waste from the jackfruit-processing industry (Begum *et al.*, 2017). On the other hand, the yield of jackfruit seeds from the total weight of jackfruit is at 8-15%, which contains high carbohydrate and protein (Zhang *et al.*, 2018; Zuwariah *et al.*, 2018). Jackfruit seeds also contain a high amount of starch at 92.8% (Madruga *et al.*, 2014). Lothfy, Haron & Rafaie (2019) proposed that native starch from the seed of jackfruit can be used in the food industry, which requires high thermal properties, and it can also act as a substitute to the existing modified starch in the market. The ability of starch in offering desired texture and stability in food formulations makes it one of the most important polymers in food manufacturing (Silva *et al.*, 2017).

It one of the most important polymers in food manufacturing (Silva *et al.*, 2017). Starch has broad applications in food industries. However, the starch in its native state is unable to attain a specific industrial requirement. Thus, modifications can be made either physically or chemically. Limitations such as a high tendency towards retrogradation, low in thermal and shear resistance lead to chemical modification of starch such as esterification or cross-linking (Singh *et al.*, 2016). On the other hand, starch can also be modified using physical methods. This includes annealing, heat moisture treatment, ultrasound, and microwave treatment (Yazid *et al.*, 2018). Consumers these days are very delicate and care about their health status. Therefore, modifying starch using physical treatment has attained a significant consideration due to the increasing awareness of the side effects caused by chemical treatments (Falsafi *et al.*, 2019). According to Zhu (2015), food properties can be



improved by applying ultrasound to starch. The cavitation process will be formed during the ultrasound treatment, which subsequently causes the formation of bubbles inside the system (Muangrat, Pongsirikul & Blanco, 2017). High-intensity ultrasound has also been found to have an ability in changing the functional properties of jackfruit seed protein isolate and, in turn, making it suitable for industrial needs (Resendiz-Vazquez *et al.*, 2017).

In relation to utilizing jackfruit seed starch for this study, modifying its functional properties using ultrasound treatment, a method to optimize the parameters such as starch concentration (%) and ultrasound time (min) is a very crucial step. Response surface methodology (RSM) can help in reducing the number of experimental trials and making reliable relations between several parameters (Said & Amin, 2016). Thus, RSM helps in analysing and optimizing the best two factors to modify three desired responses including paste viscosity, moisture content, and paste clarity. The optimized jackfruit seed starch was validated and compared with its native as well as the commercially available native and chemically modified potato, tapioca, and waxy maize starches. The chosen commercial native and modified starch samples were also limited to only three species, namely potato, tapioca, and waxy maize starches as they are frequently used in food industries. In this study, physicochemical properties analysis measurements were done on native and ultrasonically modified jackfruit seed starch (JSS), which was compared with commercial native and chemically modified potato, tapioca, and waxy maize starches based on their paste viscosity, moisture content, paste clarity, least gelation concentration, swelling power and solubility, thermal properties, crystallinity measurement, morphological characteristics, and chemical structure analysis.



Fruit can easily deteriorate without proper handling and storage due to its perishability (Mondal *et al.*, 2017). According to Selvaraju and Bakar (2017), the thick solid skin of jackfruit is a waste that is usually formed during fruit processing, thus causing a burden to the local processing industry. Jackfruit is normally harvested in green condition, but it continues to ripen within the storage period and consumption (Singh *et al.*, 2017). Jackfruit, durian, and mangosteen are the fruits

with more than 50% of their waste including rind/skin and seed, where these percentages are a definite representative number of wastes (Cheok *et al.*, 2018; Caballero & Soto, 2019). Fruit waste is increasing yearly and the lack of proper handling of fruit wastes can cause a serious issue in terms of pollution towards the air, soil, and water (Sial *et al.*, 2019). However, fruit waste can be reduced by utilizing it into valuable food products such as pectin (Govindaraj *et al.*, 2018). A serious economic, environmental, and nutritional problem has also occurred due to the significant losses and waste caused by fresh and processed fruit industries (Sagar *et al.*, 2018). Starch is one of the functional food products that could be derived from fruit waste, and this study particularly focuses on jackfruit waste.

Starch, over the years, has been modified to improve its properties from its native condition. The currently available commercial starches in the market are known as "modified starch", which has undergone chemical modification. In general, crosslinking, grafting, oxidation, and esterification are examples of chemical modification of starch (Chen et al., 2015). In addition, acetylation is also a common method used to modify starch chemically in which the esterification process occurs inside the hydroxyl functional groups of the starch (Aini & Hariyadi, 2018). Basically, the three main reasons for modifying starch using chemicals are to prolong the stability of the food products, to prevent from overcooking, and to provide tolerance to processing state as well as desirable texture (BeMiller, 2019). However, there has been emerging awareness from consumers regarding health concerns on consuming chemically modified starch-based foods. In consequence, research has grown in number towards an alternative and greener way of modifying starch (Rosu et al., 2017). Generally, physical modification has been a good alternative in modifying starch properties without the usage of chemicals (Zhu, 2015). Physically modified starch is claimed to be safe for human consumption as it does not undergo any chemical treatments (Zhu & Li, 2019). Amongst the lists of currently studied physical modifications for starches include using the sonication method, heat-moisture treatment, and microwave (Zhao et al., 2017; Liu et al., 2019; Yang et al., 2019).



#### **1.3** Significance of the study

This study is very useful as the utilization of jackfruit processing waste is important in maintaining a green environment that promises balanced ecosystems. It is also important to transform jackfruit processing waste into high value-added products using environment-friendly technology (Li *et al.*, 2019). Furthermore, extracting starch from the jackfruit seeds can help in making good use of waste from jackfruit waste such as seed, rind (outer and inner), and rags. A previous study has stated that jackfruit seed properties are similar to grains (Saha *et al.*, 2016). Therefore, it is suggested that instead of throwing seed to landfills, it is better to make use of it.

In addition, this study shall also fit the rising awareness of consumers towards a greener method on starch modification. The currently available starch in the commercial markets or the one used widely by the industry is the one modified using chemicals. The jackfruit seed starch used in this study was extracted using water and modified using ultrasound. A previous study has suggested that the usage of ultrasound is green technology (Zhu, 2015). Besides, extraction using water has also been one of the green extraction methods among six other principles in the extraction process of natural products (Chemat, Vian & Cravotto, 2012). For example, brown rice was found to have an improvement in texture after applying ultrasound treatment (Park & Han, 2016)



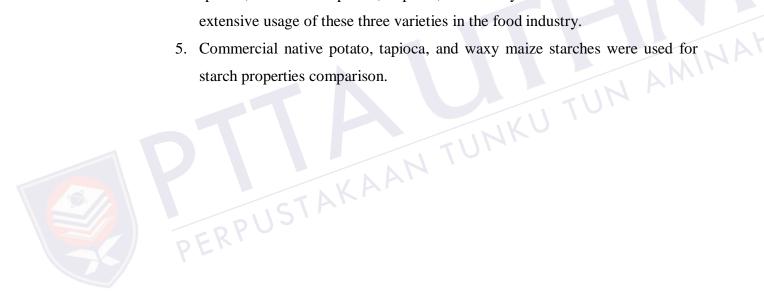
### **1.4** Research objectives

The main aim of this research is to modify the physicochemical properties of jackfruit seed starch from J33 variety using ultrasound. Thus, the specific objectives of this study are as follows:

- a) To screen which jackfruit portion (seed, rind, rag and peel) used in the study
- b) To determine the optimum starch concentration and ultrasound time in increasing paste viscosity, reducing moisture content, and paste clarity of JSS.
- c) To compare the physicochemical properties of untreated and ultrasonically treated JSS with commercial native and chemically modified potato, tapioca and waxy maize starch

#### 1.5 Scope of the study

- 1. Jackfruit seed from J33 variety was used in this study because its pulp is the most popular variety that is widely consumed by Malaysians.
- 2. Ultrasound treatment using a water bath (indirect sonication) was applied in modifying jackfruit seed starch characteristics because the main purpose is to analyse the effect of ultrasound treatment in modifying JSS at the mentioned factors (starch concentration and ultrasound time). The limitation is set at a fixed range of starch concentration (5-45%) and sonication time (5-45 min).
- 3. Jackfruit seed starch was isolated using deionized water in order to make it suitable for human consumption.
- 4. The commercial modified starch sample chosen was limited to only three species, which are potato, tapioca, and waxy maize starch due to the



### **CHAPTER 2**

#### LITERATURE REVIEW

### 2.1 Overview

In general, jackfruit is a tree native to Southeast Asia including Malaysia. Specifically, jackfruit used for this study is from the honey jackfruit variety or also known as clone J33. The main reason for choosing this particular species is due to the high consumption of its pulp owing to its natural sweetness upon ripening. It has crunchy golden yellowish flesh that comes with a pleasant aroma upon reaching its maturity stage. Unripe jackfruit is also popular among consumer to be eaten cooked as a meal because it has a meaty taste which could be a substitute for vegetarian. However, this study is only focusing on matured jackfruit from J33 variety.



Higher demand for jackfruit production and jackfruit pulp consumption has led to an increasing number of jackfruit wastes. These includes peel (green and the most outer part), rind which consists of white and yellow part after the green shell and seed which is white in colour and covered in brown cotyledon. Pulp is the only part that is edible. It has been a great concern on how to utilize part of the waste disposed to the landfill and in this case specifically on seed part to be transformed into something beneficial. Thus, isolation of starch from jackfruit seed has been made using distilled water and analysed for its properties.

Starch, in general, has several applications in the food industry such as stabilizer and thickener. Starch has been modified using several modification methods including chemical and physical. However, this study mainly focused on ultrasound treatment in terms of modifying the properties of jackfruit seed starch. Several sub-topics will discuss the ultrasound treatment and its effect on several physicochemical properties such as paste viscosity, moisture content, paste clarity, thermal properties, morphological characteristics, and a few more properties. In addition to utilizing ultrasound as a method of modifying jackfruit seed starch, response surface methodology (RSM) will be used as a tool to minimize error and the number of experiments needed.

### 2.2 Jackfruit

Jackfruit is scientifically known as (*Artocarpus heterophyllus* Lam.), which belongs to the family of mulberry (*Moraceae*) (Ravikodi & Raja, 2016). It has a range of names since it can be found in many parts of Southeast Asia. In Malaysia and the Philippines, jackfruit is usually addressed as '*nangka*', '*khnor*' in Cambodia, '*khanun*' in Thailand, and '*mit*' in Vietnam (Foo & Hameed, 2012; Wong & Tan, 2017). However, it can also be found abundantly in India and Bangladesh (Jagadeesh *et al.*, 2007). The tree can produce up to 200-500 fruits yearly, each with 23-40 kg (Moorthy *et al.*, 2017). Jackfruit is the world's largest fruit due to its massive size and shape (Peng *et al.*, 2013). The whole jackfruit can be divided into three parts, which are fruit axis (central part of the fruit), pulp (edible portion), and rinds (horny and inedible areas) (Zhang *et al.*, 2017). Table 2.1 shows the percentage of jackfruit parts. Highest composition of jackfruit was from its pulp at 38.60-47.37% out of it as a whole.

Table 2.1: Percentage of jackfruit parts including pulp, rind, peel, and seed (Ibrahimet al., 2013).

Jackfruit	(%)
Pulp	38.60 - 47.37
Rind (white/yellow part after green shell)	15.67 - 20.00
Peel (Green and most outer part)	14.86 - 23.68
Seed	9.46 - 19.33

Jackfruit is an exotic tropical fruit that has 'meaty' sugary taste coming from the golden yellow flesh (Mustapha *et al.*, 2015). There are varieties of jackfruit species available in Malaysia, including Tekam Yellow (J33) or also known as 'honey jackfruit', Mantin (J32), and Mastura (J35) (Ismail & Kaur, 2013). The wide availability of jackfruit variations reflects good fertilisation practices by seed spreading and cross-pollination (Baliga *et al.*, 2011). In certain areas in Bangladesh, jackfruit is a staple food replacing rice for their people (Ibrahim *et al.*, 2013).

According to Shamsudin (2009), the most frequently used scientific name for jackfruit is *Artocarpus heterophyllus* Lam.

According to Arshad (2017), the demands for local and exotic fruits in Malaysia will continue to rise in 2020. Table 2.2 shows the additional area needed for planting more local fruits in order to promote the exportation and consumption of local fruits in Malaysia. Jackfruit is listed in third place at 4,630 hectares, thus showing a high demand for jackfruit pulp compared to the other popular local fruits such as mangosteen and banana (Husin *et al.*, 2018).

Type of fruits	Additional plantation area (Ha)
Pineapple	7,120
Rambutan	5,300
Jackfruit/Chempedak	4,630
Papaya	1,460
Mangosteen	1,190
Banana	760

Table 2.2: Land usage for plantation 2011-2020 (Husin et al., 2018).

There are various types of clones preferred by consumers between 2001 and 2011 (Husin *et al.*, 2018). Back in 2001, the most favourite clones were jackfruit from J29, J31 (NS1), and J3 clones due to its fleshy, smooth and sweet flesh, and not too outsized. However, as new upcoming clones come in the market within 2011, consumers are now looking forward to more ready-to-eat jackfruit from varieties known as Mantin (J32), Tekam Yellow (J33), and Mastura (J35). Table 2.3 shows the characteristics of the above-mentioned jackfruit clones.

The average weight for Mantin (J32), Tekam yellow (J33), and Mastura (J35) is between 15-20 kg for each fruit upon reaching its matured stage. All of the three fruits have yellowish green colour and exhibit the same oblong shape. J33 variety has a thin bulb compared to the other two, while the colour of the bulb for each variety is orange for J32, yellow for J33, and golden yellow for J35. J33 is very prominent among consumers due to its crunchy texture and very sweet taste.



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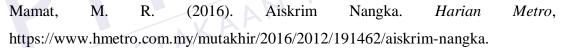


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122

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