

Title Shelf life of dried fig fruit and dried fig products and quality changes under cold and ambient storage conditions

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Abstract

Turkey is the major producer and exporter of sun-dried fruit (*Ficus carica* var. Sarılop). The exportation is generally realized as semi-processed intermediate goods. During the last years, there are attempts to develop new processed products from fig paste. The research was carried out in 2006-2007 to determine the quality changes that limit shelf life of sun-dried fig fruits (lerida type) and sweets prepared by mixing dried fig paste with walnut or coating with sesame seeds. Dried fig fruit, products (fig delight and sesame coated paste) and major ingredients (walnut and roasted sesame seeds) were stored under cold ($3\pm 0.5^{\circ}\text{C}$, 55-65 % relative humidity) and ambient storage conditions for 12 months. Samples were taken monthly and quality changes and microbial growth were monitored dried fig and processed products. Oil content, fatty acid, peroxide value and fatty acid composition of roasted sesame seeds and walnut were also analyzed. Under normal storage conditions, quality losses started in dried fig and delight after 7 months and in sesame coated paste after 8 months of storage due to increased temperatures and lower relative humidity in the spring. Cold storage conditions extended shelf life and no significant changes up to 12 months of storage.