

Title Maturities and hydro-cooling affecting quality of stored papaya shreds

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Citation Book of Abstracts, Southeast Asia Symposium Quality and Safety of Fresh and Fresh Cut Produce Greater Mekong Subregion Conference on Postharvest Quality Management in Chains, August 3-5, 2009, Radisson Hotel, Bangkok, Thailand.

Keyword hydro-cooling; papaya shreds; maturities

Abstract

Green papaya shreds, a crucial ingredient of a 'Somtam' salad dish, lose quality such as colour and crispness quickly after processed. In general, green papaya fruits at any stages are supposed to be processed to shred products and used in fresh markets and restaurants. In the present study, 'Khaek Dam' papaya fruit at 3 different maturities of 60, 90, and 120 days after anthesis (DAA) were taken to do the papaya shreds. The shredded papaya were layed on a foam tray and wrapped with PVC film and stored at 4 and 7°C with 90-95% RH. Shredded papaya made from 90 DAA fruit and 7°C storage revealed the best for maintaining the crispness and acceptable quality. For subsequent experiment, papaya fruit at DAA were dipped in 22°C water for 5 min and 2°C water until reduced to equal to the storage temperature of 7°C Hydro-cooling at 2°C delayed colour changes and maintain the crispness of papaya shreds better than those of 22°C hydro-cooling and non-cooling treatments. Papaya shreds precooled in 2°C water had acceptable quality more than 12 days.