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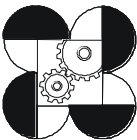
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PAPAYA Food Products



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‘Our Business is Industry...’

2nd edition 2015

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PROCESSING PAPAYA FOOD PRODUCTS

INTRODUCTION

There are places in this country where fruits abound, but there is no way of transporting them to the market, thus they become rotten and are wasted away, or are given to hogs. In places where there is an oversupply of papaya for instance, the fruits can be preserved for as long as 10 months.

Papaya is an edible melon-like fruit that is planted throughout the tropical and sub-tropical world. Its juicy flesh is either golden-yellow or red when ripe and is perfect for salads, pies, and confections.

PROCESSING PROCEDURES

DEHYDRATED PAPAYA

RAW MATERIAL

rareripe papaya
sodium metabisulfite
sugar

UTENSILS

basin	steamer
stainless steel knife	stainless steel bowl
chopping board	colander
weighing scale	cheesecloth
	solar drier or mechanical drier

PACKAGING MATERIAL

PP/PE 0.003 plastic bags

PROCEDURE

1. Weigh, wash and sanitize rare ripe papaya in 100 ppm chlorinated water. Peel the rare ripe papaya, cut and remove seeds.
2. Slice into pieces, about 12 x 4 cm. Weigh. Prepare 50% syrup.
3. Blanch the fruit slices in syrup until translucent.
4. Cool to room temperature
5. Add 0.1% sodium metabisulfite. Soak overnight in syrup for 18-20 hours.
6. Drain and rinse.
7. Lay the fruits in trays lined with cheesecloth. Dry in cabinet drier at 60° - 65°C for 8-10 hours or until dry.
8. Remove the dried papaya from the trays. Pack in ordinary plastic bags. Allow to sweat overnight.
9. Roll in confectioner's sugar uniformly and dust off excess sugar.
10. Pack, seal and store in a cool dry place.

PAPAYA JAM

RAW MATERIAL

4 cups ripe papaya
3½ cups sugar
1/3 cup calamansi juice

UTENSILS

blender stainless steel/plastic bowls
stainless steel knives measuring cups
wooden spoon

PACKAGING MATERIAL

sterilized glass jars with PVC caps

PROCEDURE

1. Weigh. Wash in clean tap water to remove surface dirt and sanitize in 100 ppm chlorine solution.
2. Drain.
3. Peel ripe papaya, cut and remove the seeds.
4. Pass through blender or coarse sieve.
5. Mix the pulp with an equivalent amount of sugar.
6. Heat over low fire, stirring constantly. When almost thick, add calamansi juice.
7. Continue heating until desired consistency is obtained.
8. Fill into sterilized bottles and seal tightly. Process in boiling water for about 25 to 30 minutes.
9. Cool to room temperature. Label and store in a cool dry place.

PAPAYA NECTAR

RAW MATERIAL

ripe papaya
sugar
calamansi juice

PACKAGING MATERIAL

sterilized glass jars with PVC caps

PROCEDURE

1. Weigh, wash and sanitize firm ripe papaya.
2. Peel, cut and remove seeds.
3. Mash the pulp and pass thru *sinamay* cloth or comminute using blender or coarse sieve.
4. Prepare 40°C syrup (one cup sugar to one cup water). Heat to dissolve sugar.
5. Mix thoroughly mashed papaya and syrup in double boiler. Add 4 tablespoonfuls of calamansi juice. Pasteurize for 10 minutes at 80°C.
6. Pour in cans.
7. Exhaust in boiling water for 20 minutes to remove bubbles until contents reach 80°-85°C.
6. Seal completely.
7. Sterilize at 10-lb pressure for 20 minutes.

PAPAYA PRESERVE

PROCEDURE

1. Select rare ripe papaya. Weigh.
2. Cut into halves and remove seeds.
3. Peel and cut into desired shape.
4. Pack into 12-ounce jars.
5. Pour syrup made up of one part sugar and one part water with one teaspoon of calamansi juice.
6. Remove air bubbles by exhausting using double boiler for 20 minutes.
7. Seal and process in boiling water for 15 minutes.
8. Cool, wipe dry, label and store.

PAPAYA CHUTNEY

RAW MATERIAL

1	kg	green mature papaya (4 cups) (about 1 kilo per piece)
½	cup	native onions (10 pcs)
¼	cup	ginger
1	tbsp	garlic (1 head)
		hot pepper (2 pcs)
2	cup	vinegar
3	cup	sugar
4	tsp	salt
1	small box	raisins

UTENSILS

stainless steel knife	measuring cup and spoon
paring knife	saucepan
chopping board	wooden spoon

PACKAGING MATERIAL

sterilized glass jars with new PVC caps

PROCEDURE

1. Select, weigh, wash and sanitize in 100 ppm chlorine solution green, mature papaya.
2. Peel, cut, remove seeds and slice thinly.
3. Slice onions, ginger, garlic and hot pepper.
4. For every 4 cups of sliced papaya, measure 2 cups vinegar, 3 cups sugar and 4 tsp salt.
5. Boil the pickling solution (sugar and vinegar).
6. Add spices and papaya slices and cook until thick.
7. Pack in sterilized preserving jars while hot. Seal.
8. Process in boiling water for 25-30 minutes.
9. Air cool. Label and store in a cool dry place.

PAPAYA ACHARA

RAW MATERIAL

1½ cups	grated raw papaya
¼ cup	grated carrot
¼ cup	sweet red pepper, thinly sliced
3 cups	vinegar
2 cups	sugar
2 tsp	salt
1½ tsp	finely chopped fresh ginger
1 head	garlic
4 pc	shallots or native onions

PACKAGING MATERIAL

sterilized glass jars with new PVC caps

PROCEDURE

1. Weigh, wash, sanitize in 100 ppm chlorinated water mature unripe papaya. Drain. Peel the papaya and cut lengthwise into four pieces. Remove or discard seeds.
2. Grate using a cheese grater.
3. Put the grated papaya in a bowl, sprinkle with a teaspoon of salt and toss. Squeeze the papaya by the handfuls, discarding the juice.
4. Mix or arrange grated papaya, carrot, ginger, garlic, onion or shallot and sweet red pepper in a deep glass bowl or jars. Set aside.
5. Boil the vinegar, sugar and salt uncovered in a cooking pan for 2 minutes.
6. Pour the pickling solution in vegetable mixture. Pack in jars. Remove bubbles or exhaust for 20 minutes at 80°C. Seal thoroughly
7. Let it cool at room temperature.

PAPAYA LEATHER

RAW MATERIAL

table ripe papaya
refined sugar

UTENSILS

stainless steel knife	double boiler
stainless steel/plastic mixing bowls	casserole
stainless steel basting spoon	stove
blender	thermometer

PACKAGING MATERIAL

OPP/Met foil/PE plastic bags
PE bags (0.003mm thickness)

PROCEDURE

1. Select mature rare ripe to table ripe papaya.
2. Weigh.
3. Wash in clean tap water to remove surface dirt. Sanitize in 100 ppm chlorinated water for 10 minutes.
4. Drain. Peel papaya and remove the seeds.
5. Blend thoroughly to obtain a homogenous mixture.
6. Check TSS. Adjust the soluble content of the puree to 20°Brix using pure refined sugar.
7. Pasteurize the papaya puree at 80°C for 20 minutes using double boiler.
8. Spread puree evenly on stainless steel trays.
9. Dry in a cabinet dryer at 60±5°C for 10-14 hours. Drying may done in a solar dryer as long as drying area is clean and free from dust and flies, rodents and other insects.
10. Remove from trays, rolled or cut into desired size and shape.
11. Pack in appropriate packaging materials. Seal.
12. Pack in carton boxes. Label and store in a cool dry place.

LIST OF SUPPLIERS

For glass jars and metal caps	
1.	SAINTS & BRANCH 545 Franciscan St., Sta. Ana Village, Sunvalley, Parañaque Tel. nos.: 821-5325; 821-5328
2.	SAN MIGUEL GLASS PLANT 45 Muelle dela Industria, Del Pan, Binondo, Manila Tel. nos.: 242-8641 to 60 Fax: 632-3093
3.	ASIA Brewery, Inc. 6 th Flr. Allied Bank Center, Ayala Ave., Makati City Tel. nos.: 816-3421 to 25 Fax: 810-2711
For dial thermometer	
4.	WILSHINE ENTERPRISE COMPANY 6 McDonough St., Parañaque City Tel. nos.: 852-1179; 852-1184