PREPARATION OF WATERMELON (Citrullus lanatus) JAM USING PECTIN EXTRACTED FROM LEMON (Citrus limon L.) PEELS

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ABSTRACT

Pectin is widely used as a gelling agent, thickener, emulsifier and stabilizer in different food processing operations. But citrus fruits peels are very rich in pectin source and can be used as source for its production commercially. During processing citrus peels contribute almost 5-20% of total fruit. Therefore, huge amount of municipal solid wastes, which have been an increasingly tough environmental issue. Therefore, a research was conducted to make use of lemon peels, as a source of pectin and utilization in the watermelon jam formulations with different combinations of sugar and pectin and to assess the quality attributes during storage.

Pectin was extracted using ethanol precipitation method from peels of lemon after which the extracted pectin and commercial pectin were characterized using both qualitative and quantitative analysis. Considering the results of preliminary studies five formulation of watermelon jams were formulated by using different combinations of sugar and pectin in the weight ratio of (80:0, 75:1.8, 70:2.3, 65:2.8, 60:3.3). The freshly made watermelon jam formulations were subjected to physico-chemical, sensory analysis and microbial assessment. Analysis were done at 2 weeks interval through the storage period. Nutritional parameters of titratable acidity, pH, ascorbic acid content, total soluble solids, moisture and total sugar were analyzed for the watermelon jam formulations. Sensory attributes of colour, taste, texture, aroma and overall acceptability were evaluated by 20 semi – trained panelists using a seven point hedonic scale. The most preferred formulations (T1, T3, T4, T5) were selected for storage studies. The formulations were stored at room temperature 30±1°C and 70.75% RH for 12 weeks.
Considering the result in the quantitative test the pectin yield was found to be 20.3%. Methoxyl content of the extracted pectin was found to be < 7%, so the extracted lemon peel pectin is considered as low methoxyl pectin. The nutritional analysis of freshly made watermelon jam shown increasing trend in titratable acidity (from 0.27% to 0.61% as citric acid), moisture (from 52.9% to 63.1%) and decreasing trend in pH (from 3.95 to 3.31), total soluble solids (from 68.04 °Brix to 66.11 °Brix), total sugar (from 50.43 to 16.55%). The sensory assessment of freshly made watermelon jam revealed that there were significant (p<0.05) differences among the sensory attributes according to Tukey’s Test.

Nutritional analysis of the stored watermelon jam formulations revealed the increasing trend in total sugar, total soluble solids, titratable acidity, and moisture. And declining trend in pH, and ascorbic acid. The nutritional analysis showed that there were significant (p<0.05) difference among the formulations. The sensory assessment revealed that there were significant (p<0.05) difference among the sensory attributed following storage. Mean scores of all organoleptic characters were gradually decreased during 12 weeks of storage period. The highest overall acceptability was observed in formulation with 65g sugar and 2.8g pectin and the all formulations were microbiologically safe.

Based on the nutritional quality assessment, sensory analysis and microbiological studies, the watermelon jam with 65g sugar and 2.8g pectin, could be stored for 12 weeks without any significant changes and extend the shelf life, the lemon peel pectin is a good source of pectin, and subsequently, watermelon jam might be produced using extracted pectin lemon peel powder which as no deleterious effect on consumers.
# TABLE OF CONTENT

ABSTRACT .................................................................................................................. i

ACKNOWLEDGEMENT ......................................................................................... iii

TABLE OF CONTENT ............................................................................................ iv

LIST OF TABLES ..................................................................................................... xiii

LIST OF FIGURES ................................................................................................... xiv

LIST OF PLATES ...................................................................................................... xv

CHAPTER 01 ............................................................................................................. 1

1.0 INTRODUCTION ............................................................................................... 1

CHAPTER 02 ............................................................................................................. 7

2.0 LITERATURE REVIEW ..................................................................................... 7

2.1 Pectin.................................................................................................................. 7

2.1.1 Introduction of Pectin ................................................................................ 7

2.1.2 Structural Features of Pectin .................................................................. 7

2.1.3 Structural Domains of Pectin .................................................................. 8

2.1.4 General Properties of Pectin ................................................................... 9

2.1.5 Food Applications of Pectin ................................................................... 10

2.2 Sources of Pectin.............................................................................................. 11

2.2.1 Citrus Fruits ............................................................................................... 12

2.2.1.1 Lemon ................................................................................................. 12

2.2.1.2 Taxonomy of *Citrus limon* L. ............................................................ 12

2.2.1.3 Description of Lemon ......................................................................... 12
2.2.1.4 Uses of Lemon in Food Industry ................................................. 13
2.2.1.5 Pectin Isolation ........................................................................... 14
2.2.1.5.1 Factors Affecting Pectin Production ........................................ 15

2.3 Watermelon ....................................................................................... 16
2.3.1 Introduction of *Citrullus lanatus* .................................................... 16
2.3.2 Taxonomy of *Citrullus lanatus* ....................................................... 17
2.3.3 Origin and Distribution ................................................................. 17

2.4 Plant Description ................................................................................. 18
2.4.1 Stem and Branches .......................................................................... 18
2.4.2 Leaves ............................................................................................ 18
2.4.3 Flowers .......................................................................................... 18
2.4.4 Fruits ............................................................................................. 18
2.4.5 Varieties ......................................................................................... 19

2.5 Cultivation Practices of *Citrullus lanatus* ........................................... 20
2.5.1 Soil and Land Preparation .............................................................. 20
2.5.2 Variety Selection ............................................................................. 20
2.5.3 Seed Rate ...................................................................................... 20
2.5.4 Sowing Methods ............................................................................ 20
2.5.5 Fertilizer Application ..................................................................... 21
2.5.6 Irrigation ....................................................................................... 21
2.5.7 Insect Pest and Disease Control .................................................... 21
2.5.8 Harvesting ..................................................................................... 22

2.6 Constraints in Watermelon Cultivation ................................................. 22

2.7 Economic Importance and Uses of Watermelon .................................... 23

2.8 Nutritional Composition of *Citrullus lanatus* .................................... 24

2.9 Jam ...................................................................................................... 26
2.9.1 Introduction of Jam ......................................................................... 26
2.9.2 Definition of Jam ........................................................................... 26
2.9.3 FPO Specification for Jam Making .................................................. 26
3.5.2.2 Calculation ...................................................... 43

3.5.2.3 Determination of Equivalent Weight ......................... 44

3.5.2.3.1 Principle .................................................. 44

3.5.2.3.2 Materials .................................................. 44

3.5.2.3.3 Procedure ................................................. 44

3.5.2.3.4 Calculation ............................................... 44

3.5.2.4 Determination of Methoxyl Content ......................... 45

3.5.2.4.1 Principle .................................................. 45

3.5.2.4.2 Materials .................................................. 45

3.5.2.4.3 Procedure ................................................. 45

3.5.2.4.4 Calculation ............................................... 45

3.5.2.5 Determination of Anhydrouronic Acid ....................... 45

3.5.2.5.1 Principle .................................................. 45

3.5.2.5.2 Calculation ............................................... 46

3.5.2.6 Determination of Jelling Grade ............................. 46

3.5.2.6.1 Materials .................................................. 46

3.5.2.6.2 Procedure ................................................. 46

3.5.2.6.3 Calculation ............................................... 47

3.6 Preliminary Studies on Development of Watermelon Jam Using Pectin Extracted from Lemon peels ............................................. 47

3.7 Preparation of Watermelon Pulp ..................................... 47

3.8 Preparation of Watermelon Jam ..................................... 47

3.8.1 Sheet or Flake Test ............................................. 50

3.8.2 Tested Treatments .............................................. 51

3.9 Sensory Evaluation .................................................. 51
3.11 Chemical Analysis of Watermelon Jam Using Pectin Extracted from Lemon Peels

3.11.1 Determination of Titratable Acidity

3.11.1.1 Principle ................................................................. 54
3.11.1.2 Materials ................................................................. 55
3.11.1.3 Procedure ............................................................... 55
3.11.1.4 Calculation .............................................................. 55

3.11.2 Determination of pH

3.11.2.1 Principle ................................................................. 56
3.11.2.2 Materials ................................................................. 56
3.11.2.3 Procedure ............................................................... 56

3.11.3 Determination of Ascorbic acid

3.11.3.1 Principle ................................................................. 56
3.11.3.2 Materials ................................................................. 57
3.11.3.3 Procedure ............................................................... 57
3.11.3.4 Calculation .............................................................. 57

3.11.4 Determination of Moisture Content

3.11.4.1 Principle ................................................................. 58
3.11.4.2 Materials ................................................................. 58
3.11.4.3 Procedure ............................................................... 58
3.11.4.4 Calculation .............................................................. 59
3.11.5 Determination of Total Soluble Solids ........................................... 59
   3.11.5.1 Materials ................................................................. 59
   3.11.5.2 Procedure .............................................................. 59
3.11.6 Determination of Total sugar ...................................................... 59
   3.11.6.1 Principle ................................................................. 59
   3.11.6.2 Materials .............................................................. 60
   3.11.6.3 Procedure .............................................................. 60
   3.11.6.4 Calculation ............................................................ 60
3.12 Microbiological Test ........................................................................ 61
   3.12.1 Preparation Potato Dextrose Agar ......................................... 61
      3.12.1.1 Materials and Apparatus ........................................ 61
      3.12.1.2 Procedure ............................................................ 61
   3.12.2 Preparation and Dilution series of the Watermelon Jam ............. 62
      3.12.2.1 Materials and Apparatus ........................................ 62
      3.12.2.2 Procedure ............................................................ 62
   3.12.3 Inoculation and Identification ................................................ 62
      3.12.3.1 Materials and Apparatus ........................................ 62
      3.12.3.2 Procedure ............................................................ 63
3.13 Statistical Analysis .......................................................................... 63

CHAPTER 04 ......................................................................................... 64
4.0 RESULTS AND DISCUSSION .......................................................... 64
4.1 Characterization of Commercial Pectin and Pectin Extracted from Lemon
   Peels ......................................................................................... 64
   4.1.1 Yield of Pectin .................................................................. 65
4.5.1.1 Titratable Acidity .................................................. 80
4.5.1.2 pH ................................................................. 81
4.5.1.3 Ascorbic Acid ....................................................... 82
4.5.1.4 Moisture Content .................................................. 84
4.5.1.5 Total Soluble Solids (TSS) ........................................ 85
4.5.1.6 Total sugar .......................................................... 86
4.5.2 Sensory Analysis of Watermelon Jam during Storage ............ 87
  4.5.2.1 Colour .............................................................. 87
  4.5.2.2 Taste ................................................................. 88
  4.5.2.3 Texture .............................................................. 88
  4.5.2.4 Aroma ............................................................... 90
  4.5.2.5 Overall Acceptability ............................................. 90
4.6 Microbiological Study for Watermelon Jam Formulations .......... 90
  4.6.1 Microbial Study for Freshly Made Watermelon Jam .......... 91
  4.6.2 Microbial Study for Watermelon Jam Stored at 30°C after one month .... 91
  4.6.3 Microbial Study for Watermelon Jam Stored at 30°C after two months .... 92
  4.6.4 Microbial Study for Watermelon Jam Stored at 30 after three months .... 92

CHAPTER 05 ........................................................................... 95

5.0 CONCLUSIONS ................................................................. 95

SUGGESTIONS FOR FUTURE RESEARCH ............................ 97

CHAPTER 06 ........................................................................... 98

6.0 REFERENCES .................................................................... 98

APPENDICES ........................................................................... i