EFFECTS OF BRINING PRETREATMENT AND STORAGE ON CARAMBOLA (AVERROEA CARAMBOLA L.) PICKLES

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ABSTRACT

Mature, green carambola (Averrhoa carambola L.) were pretreated in 5, 10 or 15% NaCl for 24 h, hot-filled with vinegar, sucrose and spices, and pasteurized at 78 ± 1°C for 15 min. No differences (P ≤ 0.05) in appearance, taste and texture were due to prebrining treatments, but most panelists (62%) preferred pickles in 10% brine. This pickle was stored either at 10°C or 25°C for 8 weeks. Some pickles had sodium benzoate (0.025%) or citric acid (1%) with ascorbic acid (0.25%) in pickling liquor. Interactions of treatments by storage resulted (P ≤ 0.05) in darkening of color, less greenness, more yellowness, softer texture, increase in pH and less than 10 CFU/g microbes in carambola pickles. Carambola slices with ascorbic acid and citric acid were the brightest and most green (P ≤ 0.05) after pickling and remained one of the least dark after storage (P ≤ 0.05). Storage of pickles at 10°C minimized quality changes.