

FRUIT AND VEGETABLE PROCESSING

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What are preserves?

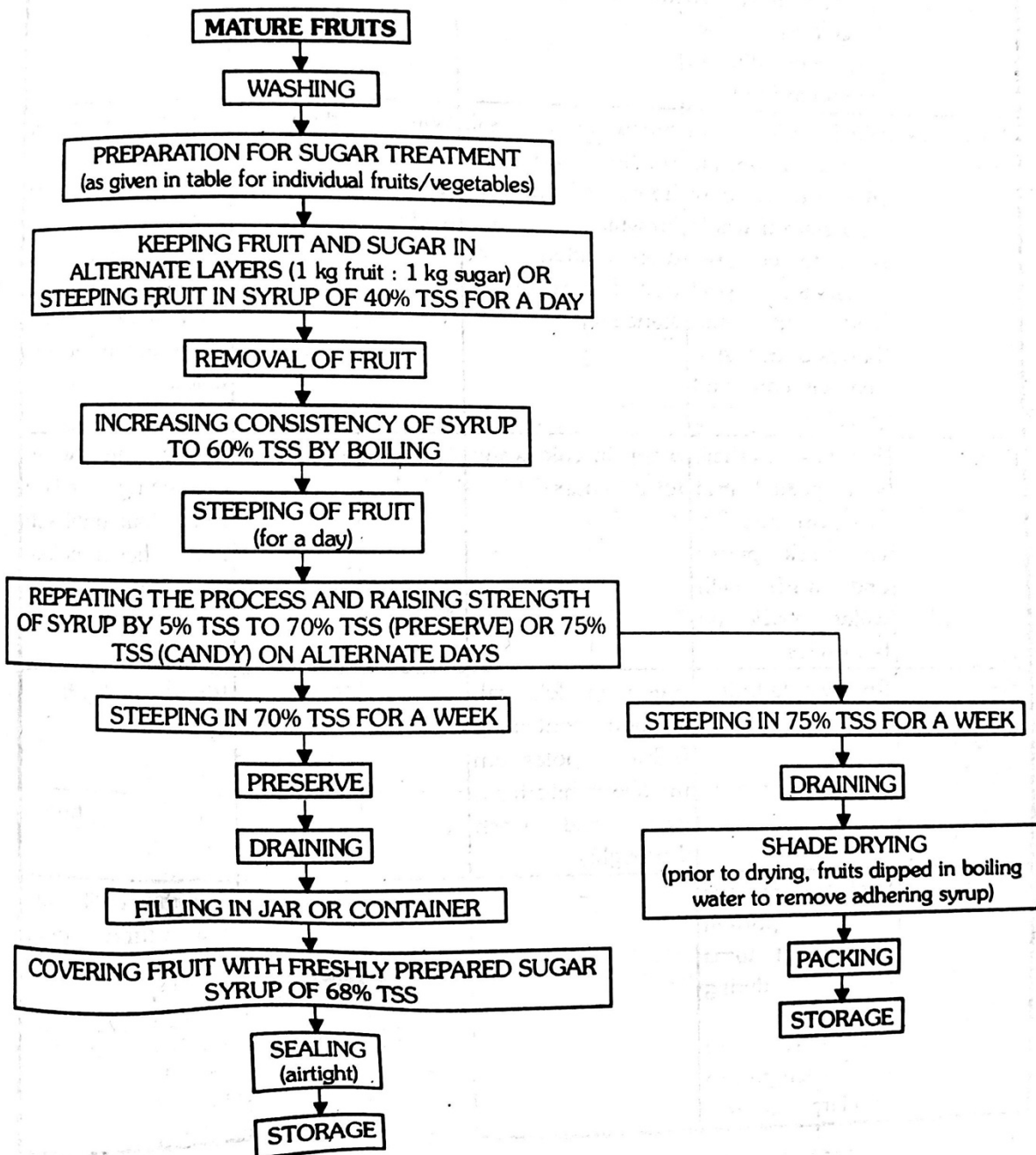
A mature fruit or vegetable or its pieces impregnated with heavy sugar syrup till it becomes tender and transparent is known as a preserve. Aonla, bael, apple, pear, mango, cherry, karonda, strawberry, pineapple, papaya etc. can be used for making preserves.

Principle of preserve by addition of sugar-

Destruction of spoilage organisms by addition of sugar, as sugar inhibits the growth of micro-organisms as their multiplication is inhibited and even those already present die out gradually. Sugar content is present around 70% and therefore sugar acts as a preservative by the process of osmosis and not as a true poison for micro organisms. Therefore, it is sequential removal of water from the fruits and impregnating sugar into it.

In its preparation not less than 45 pounds of the fruit are used for every 55 pounds of sugar, and cooking is continued till its concentration of at least 68 % of soluble solids is achieved.

PROCESSING FLOW-SHEET FOR MANUFACTURING OF PRESERVE AND CANDY



REFERENCES-

- 1) Srivastava, R.P. & Kumar, S (2005). Fruit and Vegetable Preservation. Lucknow: International Book Distributing Co. Chapter 12 and 19.
- 2) Lal, G., Siddhapa, G.S., & Tandon, G.L. (2009). Preservation of fruits and vegetables. New Delhi: Indian Council of Agriculture Research, Chapter 12.