

PINEAPPLE PROCESSING

Pineapple is a tropical fruit which is consumed fresh or in a processed form. It contains nutrients which are good for human health. Processed pineapples are consumed worldwide and processing industries are trying out or using new technologies to retain the nutritional quality of the pine apple fruit.

PROCESSING OF PASSION FRUIT AND PROCESSED PRODUCTS OF PASSION FRUIT

1. JUICE

Fresh pine apple juice contains about 75% of vitamin C. It acts as a natural antioxidant. Pine apple juice also contains vit B6, which helps our body to regulate blood sugar and also promote a healthy immune system.

Ingredients (for 750ml of juice)

- 500g = pine apple
- 250g = sugar
- 250ml = water
- 1/2cup = crushed ice



Method

- Peel the skin and cut into small pieces
- Blend the fruit pieces., sugar and required amount of water in a blender.
- Then filter it to get the clear juice.
- Transfer into glass and add some crushed ice.
- Serve chilled

2. PINEAPPLE JUICE CONCENTRATE

It is prepared from fresh, ripened pine apples to provide the essential flavour and nutrition, in a convenient, ready to use ingredient form for processed beverage and food applications.

Method

- Peel the skin and cut into small pieces.
- Blend the pineapple pieces in a blender.
- Then filter it to get a clear juice.
- Cook the juice with sugar and citric acid.
- Boil it well by stirring continuously.
- When the sugar dissolves completely, add dissolved sodium benzoate.
- Take off from fire and allow to cool.
- Pour into sterilized bottles and seal.

3. SQUASH

It should be prepared from fully matured and ripe fruit free from insect infestation, diseases etc.

Ingredients

- 1 cup = fresh pine apple juice
- 2 cups = sugar
- 1 cup = water
- 1 tsp = citric acid
- 1/8 tsp = yellow food color
- 1/8 tsp = KMS

Method

- Bring sugar and water to boil in a deep vessel.
- Simmer to make sticky syrup, which is not one thread.
- Add dissolved citric acid take off from fire.
- Cool and add juice, dissolve KMS
- Stir till well blended.
- Pour into sterilized bottles and seal.
- Refrigerate opened bottle.

Serving: add 1 tbsp of squash in 150 ml water and serve.

4. JAM

Pineapple jam is made from mature pineapple fruit which is boiled with sugar and other ingredients. For preparing jam the selection of fruit is very important. Pineapple must be perfectly ripe.

Ingredients (for 350g of jam = 375 ml)

- 250g = pineapple
- 250g = sugar
- ½ tsp = citric acid
- ½ tsp = pectin powder
- ¼ tsp = lemon yellow colour
- ½ tsp = pineapple essence
- 2 ½ tsp = water



Method

- Cook the pineapple pulp with water on a low fire.
- Stir it continuously.
- While it boiling slowly add sugar into it. Boil it well by stirring continuously.
- Add pectin powder and stir continuously.
- When the jam is done, add citric acid, lemon yellow colour and pineapple essence to it.
- Remove from fire and pour into a bottle. When the jam cools, close the mouth of the bottle.

To test whether the jam is formed, pour some jam on a dry plate. Allow it to cool and tilt the plate. If the jam is ready, it will fall in flakes.

5. KESARI

Ingredients

- 1 cup = Rava
- ½ cup = ghee
- 500 g = fresh pineapple
- 2 cups = water
- 1 ¼ cup = sugar
- Few cardamoms powderd
- 2 tbsp = cashew nuts and raisins (fried in 2 tbsp ghee)
- A pinch salt
- A few drops pine apple essence



Method

- Cut, slices pineapple and grind partially: powder cardamom.
- Heat a pan, put the rava into the pan and heat it until golden brown with constant stirring. Put the rava on a dry plate.
- Put 1 tsp of ghee from ½ cup given, fry cashew nuts, raisins and keep.
- In the same drying pan, add rava, fry for 2 seconds; add 2 cups of water, mix well and bring to boil; boil in low flame, till rava is half cooked; add ground pineapple juices, mix well and cook for few seconds.
- Add sugar, cardamom powder and mix well; add ghee stir well, cook till the mix is thick and leaves the sides of the pan.
- Transfer kesari into a big bowl and garnish with few cashew nuts and raisins; serve hot or cold.

6. PINEAPPLE HALWA

Pineapple is a pineapple flavoured mouth-watering sweet dish. It is a delicious dessert dish which can be served as snack or after meal. It is very tasty easy to prepare.

Ingredients

- 1 ½ cup = Pineapples (grated)
- 150 g = Sugar
- ½ cup = Khoa
- ½ cup = milk
- ½ tsp = cardamom powder
- ½ glass = water
- 2 tsp = ghee
- 2 or 3 = almonds



Method

- Take water in a pan and heat it on a medium flame. Now add the grated pineapple in it for boiling.
- Then add sugar and ghee. Stir continuously. Then add milk and khoa and mix gently till the water evaporates.
- Cook it for atleast 10 minutes at low flame.
- Now remove from the flame and sprinkle cardamom powder.
- Finally garnish with almonds and serve hot.

7. CANDY

Pineapple candy is one of the delicious fruit products and increases the shelf life of the candy by drying process.

Ingredients (for 500 g of candy:525 ml)

- 500 g =pineapple (moderate size)
- 250 ml = water
- 4 cups = sugar



Method

- Peel the pineapple; remove eyes, core and wash.
- Slice into cubes

- Prepare the syrup, 2 parts sugar to 1-part water.
- Boil the pineapple in the syrup for 20 minutes.
- Soak in syrup overnight.
- Strain and wash well in water.
- Dry in solar drier for 16-20 hours.
- Let cool.
- Roll over sugar and wrap in cellophane.
- Put in plastic bags; seal open end of the bag with the flame of a candle.

8. PINEAPPLE BALL

It is a simple snack dish made with semolina or rava. It is a popular sweet which is prepared from ghee, sugar, rava, cardamom and dried fruits.

Ingredients

- 1 cup = rava
- ½ cup = ghee
- 500 g = fresh pineapple
- 1 tsp = sesame
- 1 ¼ cup = sugar
- ½ cup = cardamom
- 2 tsp = cashew nuts and raisins (fried in 2 tsp ghee)



Method

- Cut the pineapple into small pieces and cook it with low fire.
- Grind the pineapple to make a paste.
- Add ghee to the heating pan. Put the rava into the pan and heat it until golden brown with constant stirring. Put the rava into a dry plate.
- Put 1 tsp ghee from ½ cup given, fry cashew nuts, raisins and keep. Fry sesame in low fire.
- Prepare the syrup, 2 part sugar to 1 part water.

- Boil the pine apple in the syrup for 5 minutes and add rava to it.
- When it reaches in the form of making ball add cashew nuts raisins, powdered cardamom and sesame. Make balls of convenient size and serve into a bowl.