

BANANA BEVERAGES

In a typical process, peeled ripe fruit is cut into pieces, blanched for 2 minutes in steam, pulped and pectolytic enzyme added at a concentration of 2 g enzyme per 1 kg pulp, then held at 60 to 65° C and 2.7 to 5.5 pH for 30 min.

In a simpler method, lime is used to eliminate the pectin. Calcium oxide (0.5%) is added to the pulp and after standing for 15 minutes, this is neutralized giving a yield of up to 88% of a clear, attractive juice.



In another process Banana pulp is acidified and steam-blanching in a 28 -in Hg vacuum which ensures disintegration and enzyme inactivation. The pulp is then conveyed to a screw press, the resulting purée diluted in the ratio 1:3 with water, and the pH was adjusted by further addition of citric acid to 4.2 to 4.3, which yields an attractive drink then this was centrifuged and sweetened.

BANANA JAM

A small amount of jam was made commercially by boiling equal quantities of fruit and sugar together with water and lemon juice, lime juice or citric acid, until setting point is reached. For example, 15% of mango pulp, 30% orange pulp was added to the Banana pulp. Then 600 g of sugar for 1 kg of fruit was added and boiled. 20 gm of citric acid was added and stirred continuously till it boiled and reaches the consistency of jam. Then the jam was filled in the bottles.



Poovan, karpooravalli varieties of Banana are suitable for jam making. In another process Banana pulp is acidified and steam-blanching in a 28 -in Hg vacuum which ensures disintegration and enzyme inactivation. The pulp is then conveyed to a screw press, the resulting purée diluted in the ratio 1:3 with water, and the pH was adjusted by further addition of citric acid to 4.2 to 4.3, which yields an attractive drink then this was centrifuged and sweetened.

BANANA JELLY

Banana fruit is cleaned and cut into small pieces and 200 g of chopped pieces was taken and water was added until the fruit pieces get submerged and it was boiled for 30 minutes in a light heat.

Muslin cloth was taken and the content was filtered until a clear solution was obtained. Based on the amount of clear solution obtained, 450 gm of sugar and 1% of citric acid should be added and boiled.



BANANA SQUASH

Pectinase was added to the Banana pulp (1 gm / 1 mg) and soaked for 5 hours. 2 mg sugar was added to 1 kg of pulp per litre of water, 10 gm citric acid was added to the juice pulp and boiled. Then the mixture was strained. Some clarified juice, 7 mg potassium metabisulphite was added and bottled in a ratio of 1 part of squash with three parts of water.

BANANA WINE

- Peel ripe bananas and slice thinly.
- Measure. To every one part sliced bananas, add one-and-one-a-half parts water.
- Boil for 30 minutes or longer depending upon the quantity of the pulp. And Strain.
- Add sugar to the extract (one part sugar to every three parts extract).
- Stir and boil to dissolve the sugar. Sugar content should be 22-24 degrees. Brix.
- Allow to cool.
- Place in clean glass container or demi-johns.
- Inoculate with yeast (one tablespoon Red Star yeast to every 40 liters of boiled sweetened juice).