

Food Processing Workshop – Jam

1. Strawberry Jam

Material:

- Scale
- Bowl
- Heating device and pots
- Slotted spoon
- Heat stable gloves
- Sterilized jars (15x 230 ml)
- Funnel (sterilized)
- 2.5 kg strawberries
- 1,25 kg preserving sugar (2:1 ratio of fruit to preserving sugar)
- 2 tablespoons of vanilla extract
- Zest and juice from 2 limes

Methods:

Jam
Sterilize the jars, lids, and funnel at 100 °C for 30 minutes or at 120 °C for 15 minutes
Mix 2.5 kg strawberries in a large bowl and 1.25 kg preserving sugar. Mix thoroughly and let it sit for about 30 minutes to allow the strawberries to release juice.
Cooking the Jam: Transfer the strawberry-sugar mixture to a large pot and add the lemon juice. Bring to a boil over medium heat, stirring constantly.
Skimming Foam: During the cooking process, skim off any foam that forms on the surface with the slotted spoon.
Cooking Time: Let the mixture boil vigorously for about 4-5 minutes, continuing to stir until the jam noticeably thickens.
Gel Test: To check for the desired consistency, place a small drop of jam on a cold plate. If it quickly gels and doesn't spread, the jam is ready.
Filling: Fill sterilized jars with the hot strawberry jam and seal the jars immediately.
Let it cool at room temperature upside down to create a vacuum seal, which helps preserve the jam for longer.
Store the jam in a cool, dark place
The product has a shelf life up to one year and above without cooling

2. Canned Applesauce

Material:

- Scale
- Bowl
- Water with citric acid (0,1% W/W)
- Cutting board & knife
- Food processor
- Pot and stove
- Serving spoon
- Blender (Thermomix TM6)
- Heat stable gloves
- Sterilized cans and lids (15x 400 ml)
- Funnel (sterilized)
- Can sealer
- 5 kg apples
- 500 g sugar
- Cinnamon to taste

Methods:

Applesauce
Sterilize the Cans, lids, and funnel at 100 °C for 30 minutes
<p>Preparing the Apples:</p> <p>Wash and core the apples, then cut them into quarters and remove pieces of bad quality. Place them in a bowl of water with 0.1 % (W/W) citric acid to prevent browning. After all apples are prepared use a food processor to cut them into slices</p>
<p>Cooking the Apples:</p> <p>Put the apples in a large pot. Cook over medium heat with a lid on until they become soft (approximately 20-30 minutes). Use a splash of water to prevent the apples from burning at the beginning. Add sugar and cinnamon to taste.</p>
<p>Pureeing the Apples:</p> <p>Mash the cooked apples into a fine puree.</p>
<p>Filling and Pasteurizing:</p> <p>Fill previously sterilized cans with the funnel leave a bit of headspace. Seal the cans and pasteurize them in a pot at 100 °C for 30 minutes.</p>
<p>Cooling and Storage:</p> <p>Remove the cans from the pot and let them cool. Store the applesauce in a cool, dark place.</p>
<p>The product has a shelf life up to one year and above without cooling as it is pasteurized and its pH is below 4.5</p>