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What is Jam?

Jam is a fruit and/or vegetable product prepared from pulpy/ fleshy fruits and/or vegetables. Jam is prepared by boiling the mixture of fruit pulp and/or vegetable pulp and sufficient quantities of sugar until the mixture becomes thick and stable. The product is then cooled under hygienic conditions.



Fruits & Vegetables Suitable for Jam Making

Most of the fleshy fruits such as Apple, Pear, Sapota, Apricot, Peach, Papaya, Karonda, and Plum are suitable for jam making. Not all fleshy vegetables are suitable for jam-making. Some vegetables suitable for jam making are Carrots and Muskmelons.

Problems in Jam Production: Some of the major problems in jam-making are, crystallization or crystal formation in the jam, sticky or gummy jam, premature setting of jam, surface graining and shrinkage of jam, and microbial spoilage of jam. problems such as crystallization and grain formation can be successfully solved by following proper boiling of jam-mixture. Microbial spoilage can be prevented by observing proper sanitation measures.



Preparation of Jelly

Jelly is defined as a semi-solid product prepared from fruits and some vegetables. Jelly-making process involves boiling of fruit extracts in a sugar-acid solution. Firstly, a clear, strained solution of pectin-containing fruit extract is prepared. The fruit extract should be free from all impurities. Then a sugar and acid solution is added into the fruit extract. This mixture is boiled until a transparent and clear fruit jelly is obtained.



Characteristics of Good Quality Jelly

A perfect jelly is transparent, well- set, but not too stiff in texture. A good quality jelly should have the original flavor of the fruit. It should have an attractive colour. A good quality jelly should keep its shape when removed from the jelly-preparing mould.



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