

PICKLE-MAKING OR PICKLING



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Pickle-Making or Pickling: An Introduction

Pickling is the most popular and one of the most ancient methods of preserving perishable or fresh foods. Most suitable foods for pickle-making are meat, fish, fruits and various types of vegetables. Perishable foods can be preserved for months and years by pickling process. Pickles are good appetizers and enhance the flow of gastric juice for aiding digestion. Pickling also adds taste or palatability to main dishes of a meal.



Pickle Making or Pickling Process

Pickling is a food preservation technique by using common salt/brine solution or vinegar. Brine is saline and vinegar is acidic (vinegar contains acetic acid). Pickling or Pickle-Making is a natural food fermentation process. In pickling process, the ingredients are fermented with naturally occurring bacteria.



Major Problems in Pickle Making

Various types of problems may occur while making the pickles. These are stated below:

Bitter Taste: Bitter taste can occur due to the use of strong vinegar, excess spices or prolonged cooking of spices.

Dull and Faded Products: This problem occurs due to the use of inferior quality of raw materials and insufficient curing of fruits or vegetables.

Shrivelling: When fruit and vegetables are placed directly in a very strong brine solution or vinegar, then this problem occurs.

Scum/Sediment Formation: Sometimes, when fruit and vegetables are cured in brine, a white mass/scum forms on the surface which may create food safety problems.

Softness and Slipperiness: When pickle products are not completely covered with brine/vinegar solution, then this problem is seen.

Problem of Cloudiness: This is another problem during the pickling process.

Blackening: It can occur by mould growth on the surface of pickles.

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Visit Our Website at

<https://agrihortico.com>

Or

Contact us at

info@agrihortico.com

agrihortico@gmail.com

