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ORIGINAL PAPER

Preparation of Apple Jam at home

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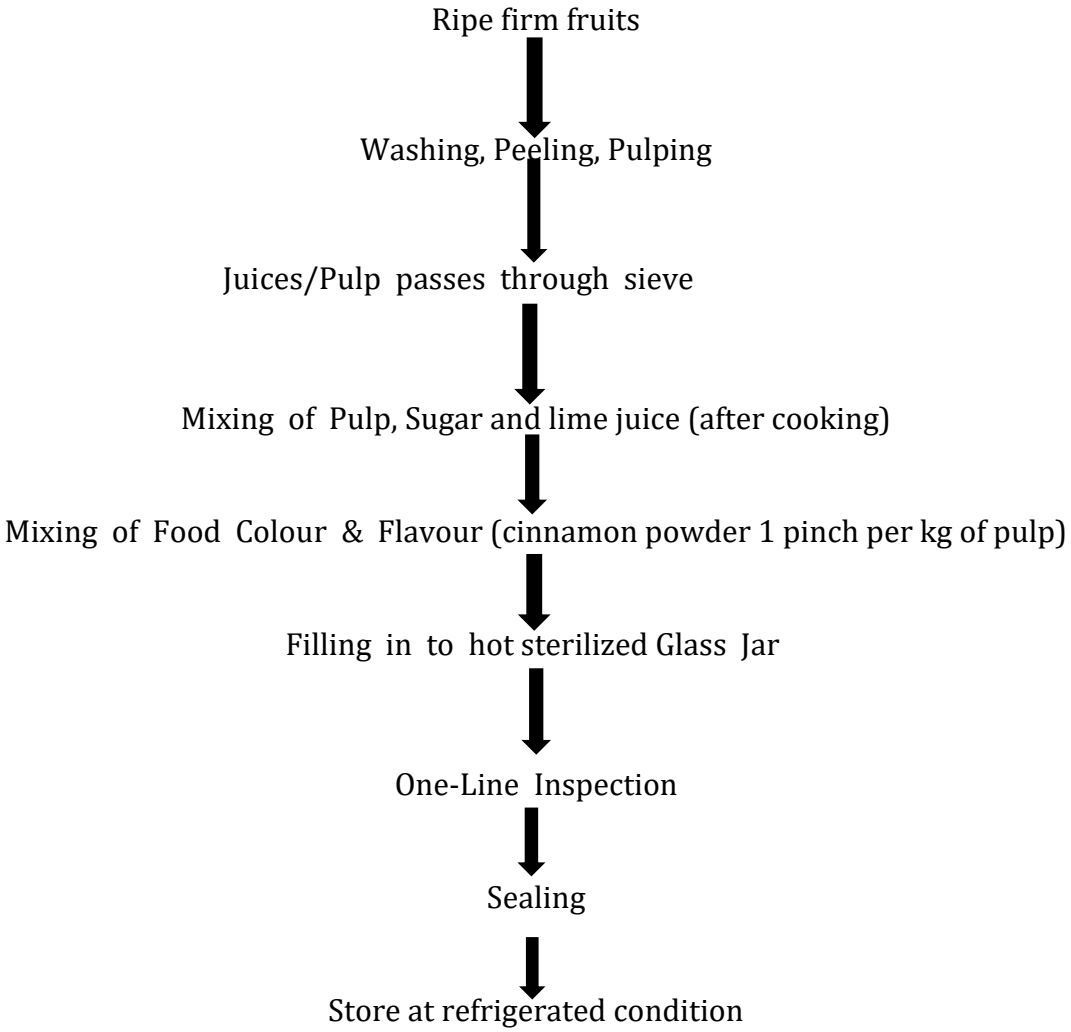
Apple jam is the process product made by boiling of apple pulp with sugar to a reasonably thick consistency. There is various fruit can be used to prepare jam like apple, pine apple, strawberry, pear, papaya etc. Jam can be prepared by one or more than two fruits which can be considered as mixed fruit jam. Commercial jams can be prepared from pieces of fruit, fruit scraping and pulp adhering to cores of fruits which are available in plenty in canning factories. The most popular fruit used to prepare jams is apples. Apple contains natural gelling agent as pectin which makes them desirable to be transformed in to jam. Jam contains 0.5-0.6 percent acid and invert sugar should not be more than 40 per cent. Apple ingredient for one kg pulp contains 0.75 kg sugar, 2.0 ml of lime juice and 100 ml of water.

Raw materials required: Sugar, fruit pulp, lime juice, pan, ladle, cinnamon powder, glass jar, spoon, plate and dry sheet

Preparation of Apple jam

Apple jams are available from a variety of producers, but they can also be made at home. To prepare apple jam at home, following recipe or ingredients will be taken. At first, peel, core and thinly slice 1 kg apples. Then Steam for 1 to 2 minutes and grind when cool. Combine 0.75 kg sugar with the apple puree in a broad pan and cook on a slow flame till the mixture thickens. After cooking, the jam will be much thicker than dropping consistency. Add 2 ml of lime juice in the mixture. Mix well and cook on a slow flame for 1 more minute. Remove from the flame. As a flavouring agent 1 pinch of cinnamon powder can be added. After cooling, store it in a container. In the above recipe, use brown sugar instead of normal grain sugar to make caramel apple jam.

Flow Chart For Jam Preparation



Role of citric acid and sugar in apple jam preparation

Citric acid is essential to accurate balance, which is required in jam preparation. Acid is added to jam in order to: Reduce the PH to the value recommended to apple/jelly formation; Increase the total acidity in order to enhance the flavor and taste; and preservative effect (Saeed, Mubarak, 1974). In jam, sugar stops growth of microorganisms and prevent spoilage. Sugar plays an important role in jam making and responsible for the sweet taste and act as preservative in addition to jell formation. It must be of high quality and having bright white colour. The way it is added and its treatment during the process of boiling are important factors affecting the finished product quality (Rauch ,1965). Sugar holds water due to which shelf life of the products is increased (Clarke MA, 1997).

Packaging and storage

For packaging of apple jam hot sterilized bottles or jars are used so that the material remains away from any type of contamination. Always store jars or bottles in cool place away from humidity.

Culinary uses

Apple jam can be used in a combination with other fruits to make double fruit flavoured jams like rhubarb apple jam, apple strawberry jam, pear apple jam, blackberry apple jam, fresh fig and apple jam, etc. By dissolving some water in apple jam can be used as a thick flavouring syrup for cakes, or as a glaze for fruit tarts.

The end point determination by spoon test method

When the jam has been boiled for sometimes and has reached a reasonable consistency, dip spoon in to it and led the product to run-off the side of the spoon.

If on cooling the product falls off in form of a unit instead of free flowing readily in single stream, it means that end point has been reached.

By placing some of the jam on dry sheet or surface of jar cover and turning the sheet or the cover upside down after few seconds.

If it does not run off that means the end point has been reached.

By placing some of the jar in a cup filled with water, if the colour of the water did not change and the drop settled as solid matters at bottoms of the cup that means the end point has been reached (Melaku Tafese Awulachew, 2021).

PLATE-1: Ripe and firm fruits

PLATE-2: Peeling and Chopping

PLATE-3: Pulping

PLATE-4: Mixing of pulp with other

PLATE-5: Filling of jars/bottles

PLATE-6: Sealing

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