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ORIGINAL PAPER



Preparation of Guava Jelly

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A jelly is a semi-solid product prepared by boiling a clear, strained solution of pectin-containing fruit extract, free from pulp, after the addition of sugar and acid. A perfect jelly should be transparent, well-set, but not too stiff, and should have the original flavour of the fruit. It should be of attractive colour and keep its shape when removed from the mould. It should be firm enough to retain a sharp edge but tender enough to quiver when pressed. It should not be gummy, sticky or syrupy or have crystallized sugar. The product should be free from dullness, with little or no syneresis (weeping), and neither tough nor rubbery. There are many fruits from which jelly can be prepared like Guava, sour apple, plum, karonda, wood apple, loquat, papaya, and goose-berry are generally used for preparation of jelly. Due to their low pectin content, fruits like apricots, pineapples, strawberries, and raspberries can all be used, but only after being mixed with pectin powder. Fruits can be divided into four groups according to their pectin and acid contents:

- i) **Rich in pectin and acid:** Sour and crab apple, grape, sour guavas, lemon, oranges (sour), plum (sour), jamun etc.
- ii) **Rich in pectin but low in acid:** Apple (low acid varieties), unripe banana, sour cherry, fig (unripe), pear, ripe guava, peel of orange and grapefruit etc.
- iii) **Low in pectin but rich in acid:** Apricot (sour), sweet cherry, sour peach, pineapple and strawberry etc.
- iv) **Low in pectin and acid:** Ripe apricot, peach (ripe), pomegranate, raspberry, strawberry and any other over-ripe fruit etc.

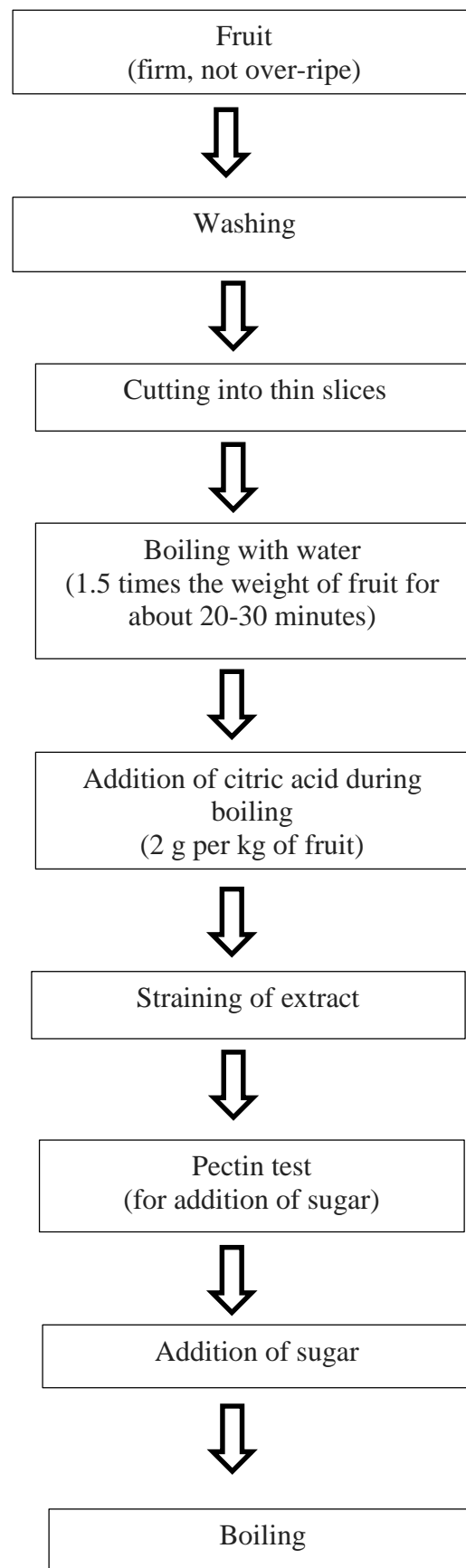
Ingredients and preparation of Guava jelly

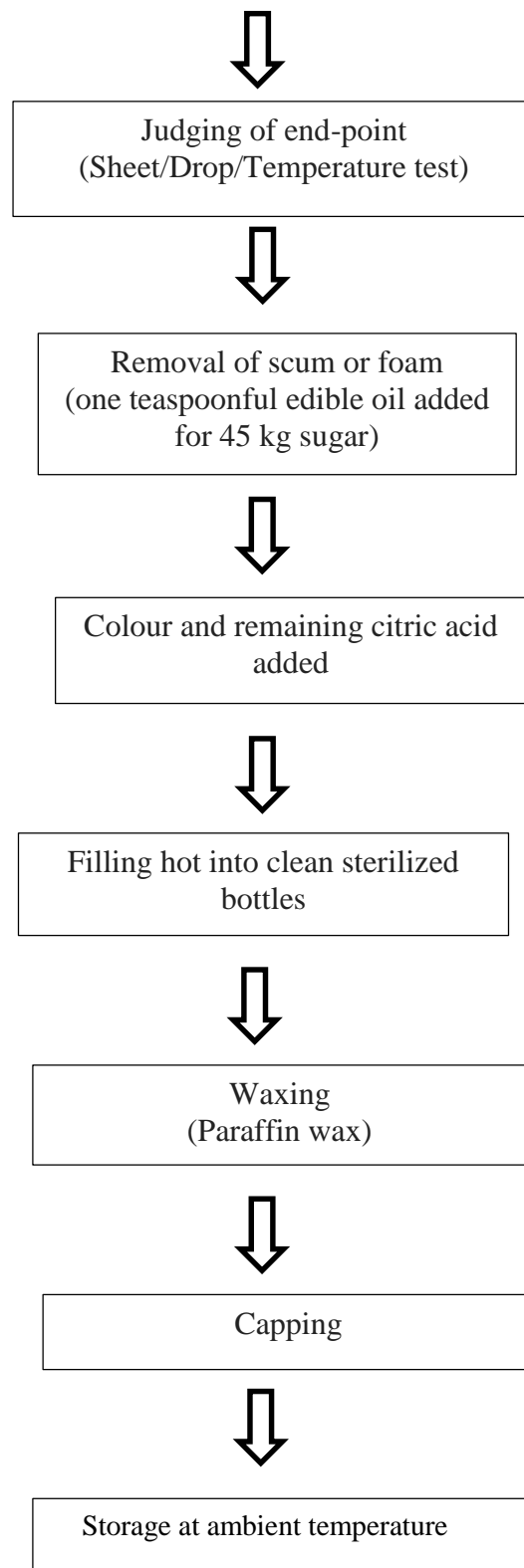
Guava: 2(500 gram).

Sugar: 250-300 gram.

Lemon juice: 1 tea spoon

FLOW-SHEET FOR PROCESSING OF JELLY





STEPS IN PREPARATION OF GUAVA JELLY



Plate no 1: Take 500 gram Guava.



Plate no 2: Cut them into small pieces.



Plate no 3: Cook until Guava becomes soft.



Plate no 4: Strain the extract by pressing gently with the spatula.



Plate no 5: Take extract in a pan.



Plate no 6: Boil it until the juice becomes thick after adding sugar



Plate no 7: Judge the end-point By (Drop test).



Plate no 8: check by holding drop after the test



Plate no 9: Let it cool down



Plate no 10: Store it in a bottle

SUMMARY AND CONCLUSION

There are few precautions to be followed while preparation of guava jelly i.e. avoid overcooking and which may lead to gummy or sticky jelly , also can lead to failure in setting if jelly and avoid overcooling when the jelly is cooled too much, it become viscous and sometimes lumpy and almost cloudy . Also the scum must be removed before pouring otherwise the jelly becomes cloudy.