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**ORIGINAL PAPER**

## Squash preparation at home

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In India cold drinks are in demand practically throughout the year. Among these fruit juices acid squashes have an important place. These are quite popular being rich in essential vitamins, minerals and other nutrient. Squash is a type of fruit beverage which contains at least 25 per cent of fruit portion (juice/pulp) and not less than 40 per cent of total soluble solids (sugar). In also contains edible acid in the range of 1-2 per cent. Since the sugar content in squash is quite less therefore to preserve it, approved chemical preservative such as sodium or potassium metabisulphite or sodium benzoate should be added along with colour and flavour. Squash can be prepared from fruits such as mango, orange, pineapple, litchi, lemon etc.

### FLOW CHART OF SQUASH PREPRATIONS:



**PROCEDURES ARE AS FOLLOWS**

1. First take lemons and wash them properly
2. Now cut the lemons into half and collect the juice with the help of lemon squeezer.
3. In a bowl Squeeze the lemon and keep the juice aside
4. Slightly heat water in a saucepan and dissolve the palm Sugar , Filter it thrice
5. Make sure that sugar syrup must be of one string consistency and the turn off the flame and let it cool down.
6. To this sugar syrup add the extracted lemon juice and mix them thoroughly.
7. Mix well and store this in a sterilized glass jar.
8. Now after cooling the contents, store it in an air tight jar.

Ingredients	Quantity
Lemon	¼ cup lemon juice
Sugar	½ cup Sugar
Water	1/3 cup
chia seed	1 small spoon



**Fig1:ingredient used**



**Fig2: lemon juice Extraction**



**Fig3 and 4 : Addition of sugar and Boiling of sugar syrup**



**Fig5:Use Ice or mint for fresh taste**



**Fig:6 chilled tasty lemon squash ready to serve**

## **PROBLEMS AND PRECAUTIONS**

- I. Do not heat the juice for long period.
- II. Do not mix hot sugar syrup in juice.
- III. Do not overcook the sugar syrup because the squash consistency and taste will be changed.
- IV. Maintain the lemon, sugar and water ratio properly.
- V. Do not mix hot sugar syrup in juice pulp.
- VI. Do not use sodium or potassium meta bisulphate for coloured squashes.
- VII. Always use stainless steel utensils, knives etc

## **CONCLUSION**

Squash is good healthy and tasty summer drink for all the age groups and very easy to make at home with the topping chia seeds and mint that enhance the taste of the drink. At the time of squash making we need to understand the quantity of sugar or the heating period of sugar not to increase.