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ORIGINAL PAPER



Preparation of Apple preserve

Arun Kumar, Vikanksha, Himanshu and Dipika Mal

*School of Agriculture, Domain of Horticulture, Lovely Professional University, Phagwara,
Punjab-144411*

**Corresponding author: dipika.21885@lpu.co.in*

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INTRODUCTION

A preserve is a mature fruit or vegetable or its portions that have been heavily loaded with sugar till they are soft and transparent. Preserves can be made from apple, aonla, bael, apple, pear, mango, cherry, karonda, strawberry, pineapple, papaya, etc.

Apples constitutes antioxidants, vitamin C, dietary fibre, and many other nutrients that may increase heart, brain, and digestive health.

FSSAI (Food Safety and Standards Authority of India) SPECIFICATIONS

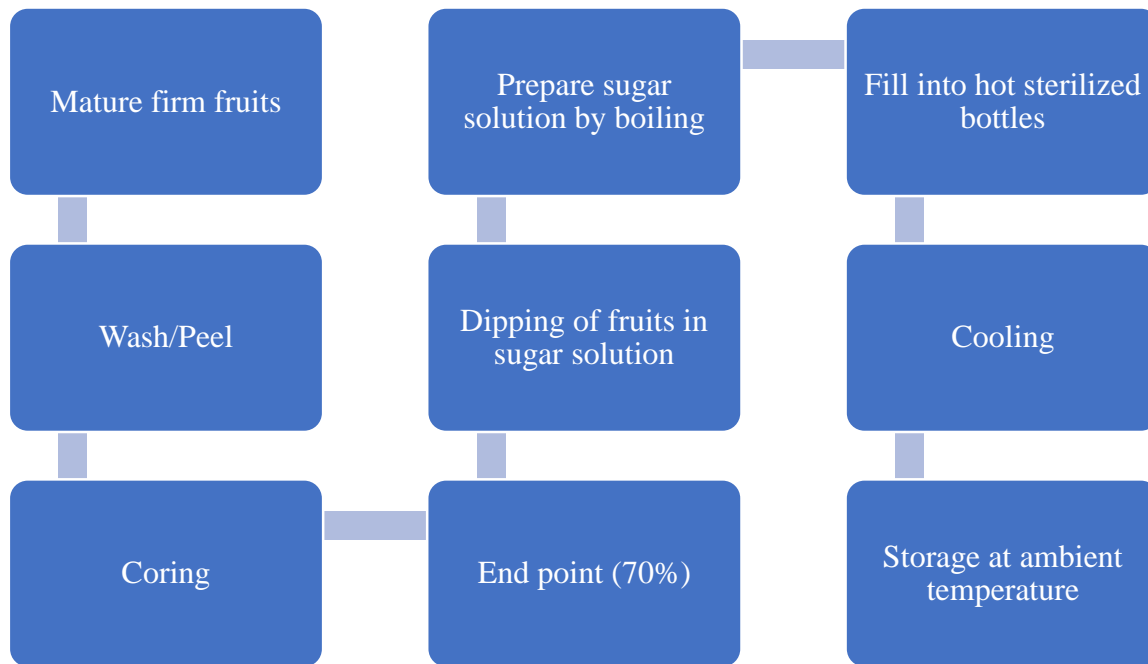
TSS – 70%

Pulp- 55%

Citric acid- 1-1.5%

Table 1: Ingredients

Ingredients	Quantity
Apple	1kg
Sugar	1kg
Lemon	2
Cardamom1	5-6

FLOWCHART**PROCEDURE**

1. Fruit should be mature and firm.
2. Washing of fruit properly.
3. Peeling and coring of apples.
4. Apples are firstly cooked in water to make it soft enough to absorb sugar for a short span.
5. Prepare the sugar solution and add fruits into it. The fruit should be covered with the syrup during cooking as well as after cooking otherwise it will dry up and final product's quality would be compromised.
6. Cooling and packing of preserve.
7. Sterilization
9. Storage under cool and dry conditions.



Fig 1: Wash apples



Fig 2: Peeling and coring



Fig 3: Lemon and cardamom addition



Fig 4: Sugar syrup preparation



Fig 5: Add fruits in sugar solution



Fig 6: Apple preserve prepared

Table 2: Sensory evaluation by Hedonic Scale

Sensory Evaluation: 9 Point Hedonic Scale Card						
Product: Apple preserve						
1: Dislike extremely 2: Dislike very much 3: Dislike moderately 4: Dislike slightly			5: Neither like nor dislike 6: Like slightly 7: Like moderately 8: Like very much 9: Like extremely			
Parameters	Panelist 1	Panelist 2	Panelist 3	Panelist 4	Total Score	Average Score
Appearance	6	7	6	6	25	6.25
Taste	7	7	7	7	28	7
Texture	6	6	6	6	24	6
Overall Acceptance	7	7	7	7	28	7

PROBLEMS AND PRECAUTIONS

1. Preserve must be kept in sugar and appropriate amount of sugar should be added.
2. Fruit discoloration may occur, during cooking food colour can be added.
3. Only mature and firm fruits should be used for preserve.

CONCLUSION

Apple preserve is very common in households especially in temperate areas due to local availability of timely harvested fruits such as Jammu and Kashmir, Himachal Pradesh. Apple preserve is very delightful and easy of prepare. Preserve is one of best methods to store fruits for a quite long time without impairing fruit's nutritional quality.