



Indian Farmer  
Volume 9, Issue 10, 2022, Pp. 450-454.  
Available online at: [www.indianfarmer.net](http://www.indianfarmer.net)  
ISSN: 2394-1227 (Online)

ORIGINAL PAPER



## Preservations of tomatoes by pickling

Tejaswi S, Bhavani M and Dipika Mal

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

*Corresponding author: [dipika.21885@lpu.co.in](mailto:dipika.21885@lpu.co.in)*

*Article Received: 13 October 2022*

*Published Date: 17 October 2022*

### INTRODUCTION

A significant portion of the world's agriculture is devoted to growing tomatoes, which have evolved into a staple food for people everywhere. Total area under tomato corps in India 789 ha and production 19759 MT.

The nutrient composition of tomato is folate, vitamin C, and potassium is abundant in tomatoes and tomato-based products. Carotenoids are the phytonutrients that are most prevalent in tomatoes. The most prevalent carotenoid is lycopene, which is followed by beta-carotene, gamma-carotene, phytoene, and a number of other lesser carotenoids. It is great food with less carbs, fat and calories and good amount of fibre with 1.2gm for 100gm of tomatoes. Because of their limited shelf-life 10-25 days based on temperate and one of great ways to preserve tomatoes are by canning, freezing, pure and pickling. The popular way to preserve tomatoes in South India is by pickling and popularly called as tomato pickle, in this you can productively use your tomatoes and last through out the year if preserved properly.

### MATERIALS USED

You need tomatoes (1kg), salt (150gm), tamarind(150gm), red chilli powder(150gm), oil(50gm), jeera(50gm), garlic(50gm).

### FLOW CHART

Select fully ripe tomatoes and thoroughly wash them



Take glass jar with (if not available then plastic jar with a lid) and cut into half 's  
Or if they are big then cut into quarters.

↓  
Add 150gm of salt to the jar, let it marinate for 2 days in the jar with lid covered.

↓  
Stir the tomatoes once in the morning and evening.

↓  
Now slightly press the tomatoes between your hand to strain the liquid and separate the tomatoes onto a cloth and let the salt brine and tomatoes sundry for 2days.

↓  
Now add the dried tomatoes back into salt brine with 150gm of tamarind, 150 of chilli powder and rest it for 2 hours.

↓  
Add the mixture to grinder or manually grind it with mortar and pestle gradually add 50ml of oil , you can also add 50gm of garlic (optional) to it and grind it until the consistency is smooth like paste.  
(Store in refrigerator)

↓  
Take a little amount of pickle add some oil to separate pan when the oil is hot enough add some jeera, yellow spit peas (Channa dal), garlic, curry leaves when you're ready and there the is ready to eat.



Step 1- take ripe tomatoes



Step 2 – cut them into pieces



Step 3 – add salt and marinate for 2 days



Step 4 – after 2 days



Step 5- separate juice



Step 6 – separate tomatoes



Step 7 – 1<sup>st</sup> day sun drying



Step 8 – 2<sup>nd</sup> day of sun drying



Step 9 – add tamarind and chilli powder and let it marinate for 2-3 hours



Step 10 – add oil



Step 11 – blend it all together and your pickle is ready

### **PROBLEMS FACED IN MAKING**

Generally drying them is the difficult part you have to dry them in sun and make sure there is no contamination with water or dust, and the utensils and bowl should be clean before using and pat them dry with cloth or air dry them, wash the steel utensils if you used otherwise there is a chance of rusting.

### **SUMMARY AND CONCLUSION**

There are few precautions to be taken while preparation while preparation of tomato pickle i.e., you have to choose the ripe ones, can't use any wet utensils, if the utensils are the pickle will get mouldy, I would suggest to use a glass jar if u have any otherwise plastic jar also works, don't use any steel ware to preserve it will form rust and the pickle goes mouldy. This could be an option for rural women entrepreneurs.