

I am extremely happy to present the new edition of the Compendium on 'Home scale Processing and Preservation of Fruits and Vegetables' which has been proved very useful by Cottage Industries, Women SHGs, Microentrepreneurs and FPOs. The current volume is the 15th edition starting from the first edition in 1950 has undergone time-to-time revisions keeping pace with developments in the processing and regulatory space.

CSIR-Central Food Technological Research Institute (CFTRI) is a premier R&D organisation working in the area of Food Science & Technology over the last seven decades. The Institute has been working very closely with Food Industry MSME sector by making number of affordable technologies for commercialisation and skilling of aspiring entrepreneurs in order to bring quality value added products to the market. Most of these interventions have helped Micro Industries for making their presence felt in the emerging consumer market through ingenuity, innovations and perseverance. Recently, Govt. of India has launched a scheme, Prime Minister Formalisation of Micro Food Processing Enterprises (PMFME) to promote rural microenterprises in the informal food processing sector to the tune of nearly 25 lakh in the country aligning with One District One Product (ODOP) scheme. Hope, the scheme would be one of the vehicle you can earnestly rely upon to get both financial and technical support from various Govt. agencies. The current edition brings up to-date, common processing and preservation techniques for value addition to the selected fruits and vegetables with an eye on market success.

I am confident that this volume would be of great utility in addressing many common problems faced by aspiring entrepreneurs and they can look forward to our continued support in realising their dream of self-reliance.

Finally, I would like to thank the entire generations of S&T personnel along with my current team from CSIR-CFTRI for their commitment and focus for taking the pristine knowledge to the last entrepreneur in the society who aspire to be a 'Celebrity' one day in their journey.

Once again Good Luck to all our Microentrepreneurs including Housewives.

Sd/-

Date : April 05, 2021 Place: Mysore

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# BASIC PRINCIPLES OF FRUIT AND VEGETABLE PRESERVATION

- Canning
- Reduction in water activity
- Use of chemical preservatives
- pH/Acidity
- Fermentation
- Irradiation
- Low temperature storage

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# 2 GENERAL METHODS OF FRUIT PRESERVATION



- Canning and bottling of fruits
- Drying of fruits
- Preparation of jams
- Preparation of fruit syrups
- Preserves and candies
- Fruit toffees

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### 3 LIME AND LEMON



- Lime and lemon squash and syrup
- Lime juice cordial
- Lemon or lime barley water
- Lime and green chilli pickle

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# 4 ORANGE



- Orange squash and orange syrup
- Ready-to-serve orange beverage
- Orange jam
- Orange marmalade

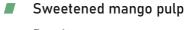
### 5 TOMATO



- Tomato juice
- Tomato ketchup
- Tomato chutney
- Tomato soup
- Canned tomatoes

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### **MANGO**



- Ready-to-serve mango beverage
- Mango squash
- Mango preserve
- Mango leather
- Mango chutney (sweet)
- Mango pickle in oil
- Canning of mango slices in syrup
- Drying of ripe mango slices
- Dehydration of green mango slices
- Mango toffee

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### 7 CASHEW APPLE



- Cashew apple juice
- Cashew apple squash
- Cashew apple jam
- Cashew apple candy

# 8 SAPOTA



- Sapota squash
- Sapota jam
- Canned sapota segments

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# 9 APPLE



- Apple juice
- Apple cider
- Apple preserve

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# 10 BANANA



- Drying of ripe banana
- Banana chips
- Liquid banana
- Banana toffee

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### 11 PINEAPPLE



- Pineapple juice
- Pineapple squash and Pineapple syrup
- Pineapple beverage (ready-to-serve)
- Canned pineapple
- Pineapple jam

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12 JACK FRU	ווע



- Jack fruit squash
- Jack fruit jelly
- Canned jack fruit
- Jack fruit pickle

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# 13 GUAVA



- Guava jelly
- Guava cheese

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### 14 GRAPE



- Grape Juice
- Grape squash and syrup
- Grape beverage

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# 15 PAPAYA



- Papaya pickle
- Papaya jelly
- Papaya preserve
- Canned papaya
- Canned papaya pulp
- Canned papaya cocktail
- Papaya nectar

16	CARAMBOLA		
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17	LOQUAT	<ul><li>Loquat jam</li><li>Loquat jelly</li><li>Canned loquat</li></ul>	52
18	PEAR	<ul><li>Canned pears</li><li>Pear preserve</li><li>Pear chutney</li></ul>	53
19	MUSK MELON	Canning	54

# 20 BILWA FRUIT

Bilwa preserve

## 21 PALMYRAH PALM KERNEL

- Preparation of kernel
- Canned kernel
- Palm kernel candy

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### **99** GENERAL METHODS OF VEGETABLE PRESERVATION



- Canning and bottling of vegetables in brine
- Canning of curried vegetables
- Drying of vegetables

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### 23 SWEET TURNIP

Pickle

63

### **24** GREEN CHILLI



- Green chilli and lime pickle
- Canned green chillies

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## 25 CARROT



- Spiced carrot juice
- Carrot preserve

# 26 GINGER



Candy

67

# 27 PEAS



- Canning and bottling of
- processed peas

68

# 28 CANNING OF BAKED BEANS AND PULSES IN TOMATO SAUCE



- Preparation of tomato sauce
- Pretreatment of beans
- Canning of beans in sauce
- Canning of pulses in sauce

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# 29 PETHA (ASH GOURD)

Candy

# 30 BAMBOO



- Bamboo candy
- Sweet bamboo chutney
- Canning of bamboo in syrup
- Canning of bamboo in brine
- Canning of bamboo in curried vegetables

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#### **ANNEXURES**

- ABOUT FOOD SAFETY AND
  STANDARDS ACT (FSSA), 2006
- II CFTRI PROCESSES/KNOW-HOW ON FRUITS AND VEGETABLES
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III GLOSSARY