

Topic :
Preparation of fruit jelly of beverages,

Fruit Jelly for Beverages

Ingredients:

- **Fruit Juice:** Freshly squeezed or bottled juice (e.g., grape, apple, orange, or mixed fruit).
- **Sweetener:** Sugar or other sweeteners, adjusted to taste.
- **Pectin:** A natural gelling agent, available in powdered or liquid form.
- **Acid:** Lemon juice or citric acid (helps with gelling and enhances flavor).
- **Water:** For dissolving pectin if using powdered form.

Equipment Needed:

- Large pot
- Wooden spoon or spatula
- Measuring cups and spoons
- Sterilized jars for storage
- Funnel (optional, for filling jars)

Preparation Steps:

1. **Prepare the Ingredients:**
 - If using fresh fruit, wash and prepare it (peel, core, or slice as necessary).
 - Extract juice using a juicer or blender, then strain to remove pulp and seeds.
2. **Measure Ingredients:**
 - Measure the fruit juice, sweetener, and pectin according to the instructions on the pectin package. Generally, you'll need about 1 cup of juice for every 1 cup of sugar and 1 package of pectin.
3. **Make the Jelly:**
 - In a large pot, combine the fruit juice and sweetener. Stir to dissolve the sugar.
 - If using powdered pectin, mix it with a small amount of sugar to prevent clumping, then add it to the juice mixture. If using liquid pectin, add it according to package instructions.
 - Bring the mixture to a rolling boil over medium-high heat, stirring constantly.
4. **Add Acid:**
 - Once boiling, add lemon juice or citric acid. This helps the jelly set and adds brightness to the flavor.
 - Boil for 1-2 minutes or until the mixture reaches the desired consistency (check for a gel-like texture).
5. **Test for Doneness:**
 - To test, place a small amount of the mixture on a cold plate and let it sit for a minute. Run your finger through it; if it holds its shape and wrinkles slightly, it's ready.

6. **Fill Jars:**

- Remove the pot from heat and let it cool slightly.
- Using a funnel, pour the jelly into sterilized jars, leaving about 1/4 inch of headspace at the top. Wipe the rims of the jars to remove any residue.

7. **Seal and Store:**

- Seal the jars with sterilized lids.
- Allow the jars to cool at room temperature. Once cooled, store them in the refrigerator for short-term use or process them in a hot water bath for long-term storage.

Tips for Making Fruit Jelly:

- **Fruit Selection:** Use ripe, flavorful fruits for the best taste. Combine different fruits for unique flavors.
- **Adjusting Sweetness:** Taste the juice before adding sweetener to adjust sweetness to your preference.
- **Storage:** Refrigerated jelly can last several weeks, while properly canned jelly can last up to a year or more.
- **Using Jelly:** Fruit jelly can be added to beverages like cocktails, sodas, or teas, or used as a topping for desserts and breakfast items.

Flavor Combinations:

- **Mixed Berry Jelly:** Combine strawberries, blueberries, and raspberries for a refreshing taste.
- **Tropical Jelly:** Use mango and pineapple juice for a tropical twist.
- **Citrus Jelly:** Blend orange, lemon, and lime juices for a zesty flavor.