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PRODUCTION OF APPROPRIATE FOOD: sufficient, safe, sustainable

## **OPERATING INSTRUCTIONS FOR PROCESSING AND STORAGE OF FRUITS**

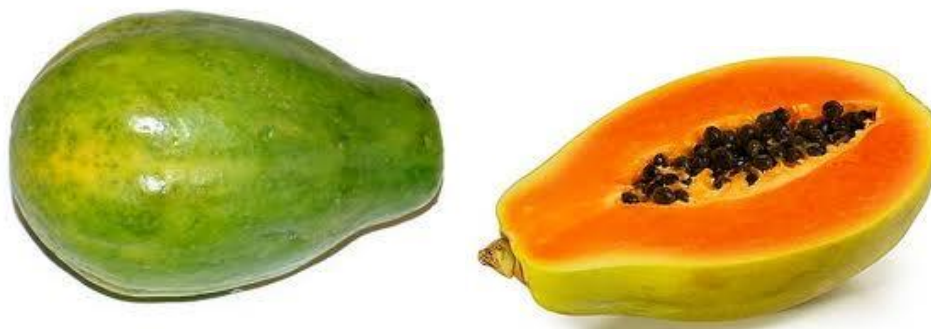
### **PAPAYA JAM**





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### HOW TO MAKE PAPAYA JAM



Papaya is similar to pear shape, much like the melon has a smooth and thin skin, yellow-orange when ripe, green when unripe. It is characterized by a soft and juicy, sweet and aromatic. Inside there are a lot of papaya seeds covered with a gelatinous substance. Its percentage composition of micronutrients or not, is so divided: 86.8% water, 12.8% carbohydrates, vit. And, vit. C, vitamin A, riboflavin, niacin, thiamine, calcium, phosphorus, iron. Vitamin C has antioxidant properties and anti-free radical addition to stimulating the immune system. Another important constituent of the papaya is a-tocopherol (vitamin E).

#### INGREDIENTS:

- 1 kg of papaya pulp
- 500 g sugar

#### HOW TO KITCHEN

Carefully peel a papaya and weigh 1 kilogram net pulp. Once this is done, cut the flesh into very thin slices of papaya, collect these in a heavy-bottomed container.

At this point, put in the pot also sugar and continue the heat cooking sweet for about two hours, stirring often and carefully because the compound does not stick to the bottom. At the end, after getting a jam quite substantial, transfer is still warm, in the vessels. The jam you have to let it cool down, closing the jars tightly.

The last step involves pasteurization of the jam. For this process, just to have a big pot full of water, which will be brought about 100 ° (to boil); at this point will fit tightly closed jars of jam for 30 minutes.

After 30 minutes, turn off the water and the vessels are left inside until they cool down.



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### KITCHEN TOOLS

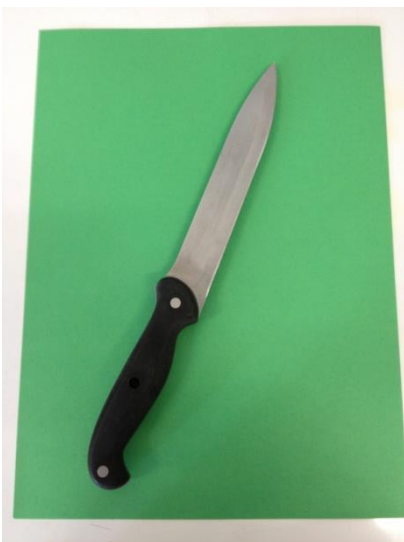
- kitchen cutting board



- jar ideal for preserving jams and sauces



- kitchen knife, ladle (is a type of serving spoon used for soup, stew, or other foods.)





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FIG. 1-2 Cut the papaya and remove the seeds



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FIG.3 total removal of the seeds

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FIG.4 reductions in pieces of papaya pulp



FIG.5 weigh the pulp of papaya with the kitchen scales

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FIG.6 preparation and weighing sugar to be added



FIG.7 reduction of the pieces of pulp into small pieces as small as possible

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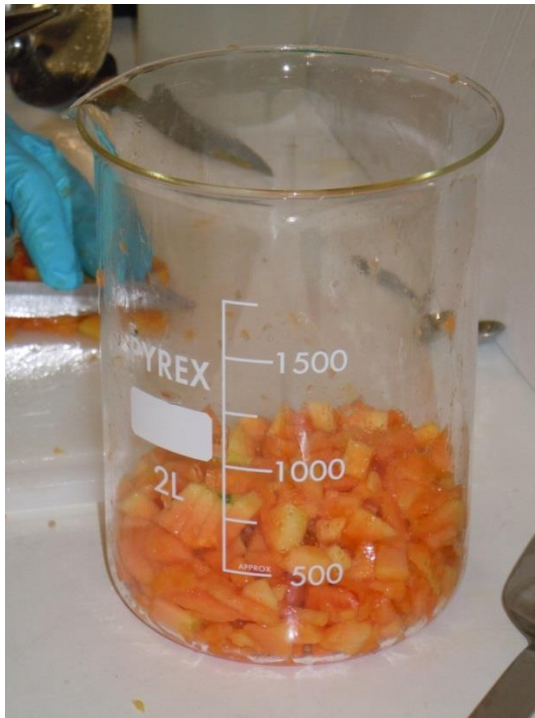


FIG8 Transfer the pulp into a suitable jar to the fire, which will then boiling.





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FIG.9-10 add sugar to the pulp prepared previously reduced into small pieces



FIG.11 put on fire the pulp with added sugar, let simmer for at least an hour, or at least until you get the result in FIG.12

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FIG.12 the puree with sugar is gathering and it is becoming jam



FIG.13 , FIG.14 the jam is ready, and can be poured into the jar with screw cap



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FIG.15 closing the jar with screw cap



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FIG.16 container with water which must boil for pasteurization



FIG.17, FIG 18, FIG 19 pasteurization at 100°C FOR 30 MINUTES



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FIG.20 papaya jam ready to be preserved