

Now what to do with all that Juice?

Guidelines on how to store your freshly pressed fruit juice



So you've squished your fruit and now have freshly pressed fruit juice. It won't stay fresh for long so you have to decide how to process your juice.

You have two basic choices...

1. Keep your juice as non alcoholic fruit juice, or
2. Turn your juice into an alcoholic beverage like cider or perry.

1. **Non - Alcoholic Fruit Juice**

This must be either drunk or frozen within 2 or 3 days of pressing, or pasteurised.

- **Freezing**

Unpasteurised juice can be frozen and will keep in your freezer, however it is safer to pasteurise your juice first. It should last 2 or 3 months if it is unpasteurised.

An easy way to freeze your juice is to put sterile food or freezer bags inside empty tetra packs and pour in your juice. Freeze until solid and then you can remove from the tetra cartons, which can then be re-used. This method is cheap and saves on your freezer space!

- **Pasteurising**

Home pasteurising is simple and each batch will do as many glass bottles as you can fit in your largest saucepan.

For more information check out the Cider Workshop, link below:

<http://www.ciderworkshop.com/juicepasteurising.html>

The basic method of pasteurising is:

- Place your sterilised glass bottles in water in a large saucepan.
- Heat quickly to 72°C/160°F, and maintain temperature for approximately 20 minutes.
- Cool bottles and cap with airtight lids.
- That's it! Temperatures and length of time to heat the juice vary from method to method. Find one that suits you.

2. **Cider and Perry**

To make cider and perry your juice should be fresh and unpasteurised, as it's the natural yeast on the skin of the fruit that makes the alcohol. Champagne yeast or other yeasts can be added, and generally creates a higher alcohol content in your finished product. It is really fun and quite simple, so have a go!

Here are a few links to pages on how to make your own cider, but there are many more available, again find one that suits you...

<http://www.allotment.org.uk/recipes/making-cider>

<http://www.cider.org.uk>



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