



Effects of Processing on fruit

- Drying**- results in high losses of Vitamins A, B, & C
- Canning** results in softening of Fruits, a reduction in Vitamin C & sugar may be added
 - **Tins must be lacquered to prevent discolouration by acid
- Freezing** is the best method of Processing Fruit- results in little change in Nutritive value
 - Texture may soften
 - Open freezing helps to maintain the shape of Berry fruits

Different ways that Fruit can be frozen:

1. Loose frozen:

- Fruit is packed in polythene bags or non-metal containers
- Fruit can be spread out on trays in the freezer and allowed to freeze solid and can then be packed into bags

2. Syrup:

- Prepared fruit is packed in cold syrup
- Syrup is made by adding 250-500grams of sugar to ½ litre of water; it is then possible to pack 300grams of fruit with 175ml of water
- Always leave extra head space for expansion during freezing

3. Dry Sugar:

- In past considered the best method for storing soft fruit
- Fruit actually freezes very well without sugar therefore sugar is not needed unless for a particular purpose
- For this method the fruit is tossed in caster sugar approx 50grams per 500grams fruit, then packed in polythene bags/ boxes or waxed containers