

## HOW TO MAKE PASTEURISED APPLE JUICE

Juice will keep for months – years – if it's properly pasteurised, so this is the way to preserve it if you want it to last through the year.

It takes some time and effort, and needs to be done as soon as possible after pressing.

### WHAT YOU'LL NEED:

A pasteuriser

Lots of glass bottles (with tops) or bags-in-a-box

Sterilising powder or solution for bottles and bottle tops

### HOW TO:

Make sure your bottles and screw-tops are clean and sterilised. You can use the oven to sterilise glass bottles, or do it chemically.

If you prefer to use the kind of 3-litre bags sold by Vigo Presses - talk to Ian Johnston, cos he's using them (but I never have).

Whatever containers you use, you need to bring them up to temperature and hold it for 20 minutes to kill bacteria in the juice. There's some debate about the temperature; I've heard that 70 degrees centigrade is sufficient, but I've always done it at roughly 85 degrees. Bottles standing in the pasteuriser should be covered up to their neck.

The juice expands as it heats, so don't overfill bottles or bags. Wait until the juice is cooling to tighten bottle tops. If you get it right, pasteurised juice remains stable at room temperature for a long time.

WHERE TO BUY THE KIT – see separate document.

We might buy a communal pasteuriser to pass from kitchen to kitchen.

They cost £200ish. In the short term, I'm happy to lend you my pasteuriser, provided you use it quickly and pass it on.

Buzz Cousins