

Preparing cashew apple juice

Cashew juice is nutritious and processed from cashew apples, rich in vitamins and source of income throughout the year.

Start by collecting ripe cashew apples without force and do not use fallen and unripe apples as these may contain microbes and tilt the taste respectively. Also wash cashew apples with clean water to remove dirt and cut off both sides to remove tannins, thereafter cut the remaining part into peaces, pack in a clean cloth and put in press to form the juice.

Juice production

Collect, filter juice and add rice water for clarification therefore for every 1 litre of rice water add 8 litres of juice. Keep the juice in a clean place for 20 minutes. This allows solid waste to settle, then filter the clarified juice with clean fine cloth and put it in steel pasteurizer for 30 minutes, however do not allow the juice to boil as it destroys nutrients.

Additionally collect the warmed juice, wash bottles with clean water soapy water, rinse and heat to 100 degrees celsius to kill germs. Put the juice in bottles with funnel and close tightly. Lastly heat the filled bottles to 80 degrees celsius as this helps the juice to last for at least a year.