Tomato concentrate and juice

Tomatoes are widely grown however in some seasons, they become scarce. Processing tomatoes into concentrate and juice increases its life span to 1 year for concentrate and 2 to 3 weeks for juice.

First, wash hands thoroughly, sort and clean tomatoes to get healthy ones. Then cut tomatoes into 4 slices for easy cooking. Cook slices to boil as this reduces water and disease causing germs until skin peels off. However do not overfill pot with slices as they may spill after filter tomatoes to separate water, as it contains nutrients.

Filtering twice

Mash cooked tomatoes to turn to porridge and filter to separate paste from tomato skins. Then take a second sieve with a mesh and 2 containers: Use the first container to separate concentrate from juice. The liquid is the tomato juice. After put the paste in second container this is the concentrate and put it on heat to increase its life span.

Sterilizing glasses

Stir the concentrate constantly to dark colour without burning: Also prepare the juice bottles by sterilizing and washing to kill bacteria. Boil concentrate filled bottles for 1 hour and keep bottles in the house. Heat juice until it boils to kill all disease causing germs and pour in clean sterilized bottles to keep juice longer. Close the bottles and boil for 1 hour to pasteurise and keep it in house. Avoid storing bottles in hot places as this spoils juice and concentrate.