

TekPinoy.biz #34: Santol Processing

***Matuto at kumita!
Cook your way to wealth!***

Have you ever wondered how you can reach financial freedom in spite of the COVID-19 pandemic?

If you are out of a job or desiring to leave one and feeling cooped up at home, there is a flavorful, easy way out.

"*Kitang-Kita Na sa TekPinoy.biz Series of ITDI*" is the turn of the year learning tool for you. Let the Industrial Technology Development Institute (DOST-ITDI) teach you 55 simple and cheap ways to prepare meat, fish, fruits, and vegetables. For the manly type - muscle up with 14 machine-based technologies.

Below is TekPinoy.biz #34: Santol Processing.

Santol for all

The *santol* or cotton fruit is a sweet-sour fleshy fruit that commonly grows in the Philippines and the rest of Southeast Asia.



Prized for its richness in Vitamins B and C, which help boost metabolism, and the immune system, it is also good for diabetics because of its low glycemic index.

Most of the time local children enjoy it with salt. But with typical *Pinoy* ingenuity, *santol* has been turned into a number of sweet and tangy delicacies.

ITDI prepared a variety of ways for the entrepreneurial to try.

Feeling childlike? Then have a go at ITDI's *santol* recipe for chewy or hard seed candies.

In need of a refreshing appetizer with a meat dish? Then try *santol* chutney or preserve.

And you don't have to throw away the water used in *santol* candy making. You can use it to make jelly or juice.

Our Business is Industry

Santol Processing is Series No. 34 of ITDI's livelihood technologies under its "*Kitangkita Na sa TekPinoy.biz Series*". The online material is free for all and can be accessed at <http://bit.ly/ITDILivelihoodSeries>.

Parties can request for online techno demonstration of technologies included in the series.

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