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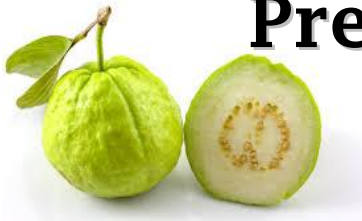
Industrial Technology Development Institute (ITDI-DOST)

Telefax: 837-2071 loc. 2265 / 837-6156

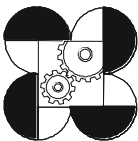
e-mail: [tsd@itdi.dost.gov.ph](mailto:tsd@itdi.dost.gov.ph)

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# Preparation of GUAVA PRODUCTS



Department of Science and Technology  
**INDUSTRIAL TECHNOLOGY DEVELOPMENT INSTITUTE**  
DOST Compound, General Santos Avenue  
Bicutan, Taguig City, Metro Manila, PHILIPPINES  
<http://www.itdi.dost.gov.ph>

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Prepared by: **ELNILA C. ZALAMEDA**  
TSD-ITDI

**Ma. ELSA M. FALCO**  
FPD-ITDI

Edited by: **VIOLETA A. CONOZA**  
TSD-ITDI

Cover layout by: **LUZMIN R. ESTEBAN**  
TSD-ITDI

Adviser: **NELIA ELISA C. FLORENDO**  
TSD-ITDI

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# PREPARATION OF GUAVA PRODUCTS

## INTRODUCTION

The guava is one of the distributed fruit tree crops in the tropics like the Philippines. It has a great potential for extensive commercial production because of its high nutritional value and popularity of processed products. Most common areas where guavas are grown in abundance are open areas, forests, backyard or as a part of a mixed orchard. However, there are no existing records for big planting and production of guava in the Philippines.

## PROCESSESING PROCEDURES

### Guava Juice

#### Ingredients

fully ripe guavas  
refined sugar  
citric acid  
CMC (carboxy methyl cellulose), food grade

#### Supplies

strainer  
cheesecloth  
measuring cups and spoons  
liquid measuring cup  
weighing scale  
analytical balance

## **Procedure**

1. Weigh the fruits.
2. Wash fruit thoroughly. Drain. Soak in 100ppm chlorine solution for 10 minutes. Drain.
3. Chop or crash fruits. Add enough water to cover the fruits and simmer for 15 minutes until fruits are tender.
4. Strain thru cheesecloth or fine sieve.
5. Repeat steps #3 & #4 for second extraction.
6. Combine the two extractions and add  $\frac{1}{2}$  -  $\frac{3}{4}$  cup sugar or 25% per liter of extracted juice. Stir well until sugar is completely dissolved.
7. Add  $\frac{1}{4}$  tsp citric acid or 0.1% per liter of juice.
8. Add 0.5% CMC to stabilize the juice (optional).
9. Heat 15-20 minutes.
10. Pour into sterilized preserving jars and seal completely.
11. Process for 5 minutes in boiling water bath.
12. Air cool promptly and store in a cool place.

## **Guava Jam**

### Ingredients

ripe guavas

sugar

kalamansi juice

### Supplies

stainless steel knife

measuring cups

## **Procedure**

1. Weigh the fruits.
2. Ripe fruits are washed, sanitized in 100ppm chlorine solution for 10 minutes. Drain. The fruits are peeled and the seeds removed.
3. The fruits are chopped or mashed. To one part of the mash, add 1 part sugar.
4. Boil mixture gently until thick. To avoid unnecessary caramelization, kalamansi juice is added as in mango jam.
5. While still hot, pack in well sterilized jars and seal tightly.

## **Guava Jelly**

### **Procedure**

1. Select equal mixture of green and ripe guavas. Weigh.
2. Wash, sanitize and drain the fruits.
3. Cut into halves or quarters. For every kilo of guavas, add 2 liters of water.
4. Boil in enamel or stainless steel basin for 30 minutes.
5. Strain thru a cheesecloth bag.
6. Crush the pulp and boil again, using 1-2 liters of water.
7. Strain and combine the 2 extracts.
8. Measure. To every cup of the extract, add a cup of sugar (1:1) and 1 tablespoon of calamansi juice or 0.1% citric acid.
9. Boil once to dissolve sugar and strain.

10. Cook over strong fire until the temperature reaches 1070-1080 until a soft ball is formed when the jelly is dropped in a cup of water.
11. Pour in sterilized dry glass jars. Seal immediately. Cool to room temperature.

## **Guava Wine**

### **Procedure**

1. Select ripe and sound fruits. Weigh, wash, then sanitize in chlorine water for 10 minutes.
2. Cut into quarters. To 1 part fruits, add 3 parts water.
3. Boil until the fruits are soft.
4. Strain and measure the extract. To every 3 parts extract, add 1 part sugar. Heat to dissolve sugar.
5. Weigh the mixture, then cool to room temperature.
6. To every 15 liters, add one tablespoon yeast.
7. Place in demijohns to ferment. This will take from two weeks or longer. When the fermentation is completed, transfer into wine barrels and age for at least one year.