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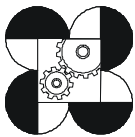
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Processing Fresh Buco Juice



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‘Our Business is Industry...’

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Processing Fresh Buco Juice

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PROCESSING FRESH BUCO JUICE

INTRODUCTION

Coconut or buco is not only a refreshing drink or snack but a very nutritious food and drink which is very high in fiber vitamins and minerals and gives many health benefits that makes it to be classified as a “Tree of Life.”

Buco Juice is made of pure coconut water, a natural isotonic beverage that is rich in potassium and magnesium, and contains a considerable amount of vitamin B such as thiamin, which aids in strengthening the muscles, delaying fatigue and maintaining normal heart functions.

HEALTH BENEFITS

- helps break up kidney stones
- reduces urinary problems
- hydrates the body
- an antibacterial
- aids digestion by removing toxins
- boosts your immune system
- helps relieve symptoms associated with gallbladder disease
- expels or kills tapeworms, lice, giardia, and other parasites
- relieves stress on pancreas and enzyme systems of the body
- reduces epileptic seizures
- helps prevent liver disease
- is lower in calories than all other fats
- supports thyroid function
- promotes loss of excess weight by increasing metabolic rate
- helps prevent obesity and overweight problems
- supports the natural chemical balance of the skin
- a good source of potassium
- promotes digestion
- lower your cholesterol
- improve conditions in those with diabetes and chronic fatigue
- rejuvenate your skin and prevent wrinkles

Reference:

<http://healthmad.com/nutrition/seven-benefits-of-coconut-water/>
<http://www.foreverlookingood.com/coconut-water-health-benefits>

MATERIALS

- 4 pcs buko
- about 1 liter buko juice
- about 500 – 600 g buko meat
- 4 – 5 liters mineral water
- 400 – 500g white sugar
- 25 – 30 pcs cups (200 mL capacity)

EQUIPMENT

- refrigerated holding tank 100L cap
- blending tank, 100L cap
- upright refrigerator
- or freezer
- stainless steel casseroles, 6 pcs, 20-gal cap
- pH meter
- refractometer
- styrofoam boxes, 10 pcs

SUPPLIES

- stainless steel paring knives
- disposable cups with lids and seals
- buko grater
- cheesecloth
- chlorine granules
- stainless steel colanders
- kitchen spoons

PROCESSING PROCEDURE

1. Use matured young coconuts.
2. Wash thoroughly. Disinfect the coconuts by soaking in 200 ppm chlorine solution for 10 minutes.
3. Cut into halves.
4. Collect and weight the juice.
5. Separate about 1/8 of juice and add require amount of about 5% sugar and dissolve.
6. Filter using cheesecloth.
7. Add required volume of ice cold water.
8. Grate the buco meat. Wash with ice cold water using a drainer.
9. Dispense meat in cups (about 20g per cup).
10. Pour juice in clean disposable cups or PET bottles.
11. Cover and cap.
12. Freeze or refrigerate immediately.