



MAKING CHERRY JELLY

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Abstract:

The article presents information about the beneficial properties and composition of the dandelion fruit cherry tree, which belongs to the noble family. Also, an excellent way is described how the process of making jelly, useful for the winter season, can preserve its vitamins when prepared.

Keywords: Cherry, jelly, starch, frozen fruit, compote, perfume, jelly.

Introduction:

Cherry (*Cerasus avium* L.) is a grainy fruit tree belonging to the rhino family (family of roses). The height of the cherry tree is 10-15 m (sometimes it goes up to 30 m), the branches grow thick, spreading. The Leaf is elongated-ovoid, dark green. The flower is white, dioecious, the petal is long. The Shape of the fruit is round, heart-shaped, the flesh is juicy, the surface is flat. The earliest is a granular fruit. It contains 7-15% sugar, 0.36—1.1% acid, vitamins, 0.2% enhancer and up to 0.7% pectin. Consumed in freshness, compote, jam, prepared. Cherries are among the plants that give honey. Up to 30% of the cornstarch contains oil used in the perfumery industry. About 100 varieties of cherries are known. In Uzbekistan, a lot of varieties of Cherry savory surkhon, Black Cherry, yellow cherry, Spring, Revershon, yellow drogana, Chkalov are planted.

There is a lot of information about the beneficial properties of cherries. In particular, it strengthens blood vessels and improves blood composition. It cleanses the organisms of toxins and lowers the amount of cholestyrene. Among the people, the name "davlenia" is considered a very useful fruit in lowering walking blood pressure. It also activates the activity of the gastrointestinal tract. We know that Cherry has a high sugar content that, for this reason, also gives the body its satiety hiss. But calories are very low. There is no harm to those who want a beautiful figure.

Relevance of the topic. We cannot always eat wet fruits in their own way. That is, we can enjoy seasonal fruits at any time by preparing jam, jelly, jam, kampot and other types of similar products.



We can make jelly from Cherries in a frozen state, which retains its utility property, or a drink with a different name, kisel. Many people think that frozen cherries lose their utility property. But frozen cherries retain their aroma, usefulness and taste. Ingredients that you will need to prepare jelly useful in winter : 0.8 l of water, frozen cherries 300 gr, 2 tablespoons of sugar, 2 tablespoons of starch. Its preparation is also very simple and fast, as in products. First we put the Cherries in a container of water without defrosting. We boil over high heat after boiling for 10 minutes, we crush it to extract juice from the ripening Cherries. We filter the resulting juice and put it back on the fire and bring to a boil. Stir the starch into the boiling juice and it must be constantly stirred slowly so that no lumps form. It is necessary to add sugar and continue stirring until completely dissolved. We lower the filling and cook until a thick mass is formed. Depending on how we consume, we can bring it to a liquid or dark form. To do this, we apply starch correctly. We can eat the finished jelly hot or chilled.

Conclusion

Rich in such wonderful vitamins and useful jelly is considered very necessary for the human body. There is an opportunity to enjoy kamharajat and, most importantly, the Tami of cherries in winter. For our people, the production of seasonal vegetables and fruits cheaply and qualitatively is one of the main tasks of technologists today.

References:

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