



SQUASH

BY

SADIKA INAMDAR

FACEBOOK PAGRME

[HTTPS://WWW.FACEBOOK.COM/EPICBITEVEGRM](https://www.facebook.com/EPICBITEVEGRM)

YOUTUBE CHANNEL

[HTTPS://WWW.YOUTUBE.COM/CHANNEL/UC2YD4EWUWXGRM4QR97EJRLWYA](https://www.youtube.com/channel/UC2YD4EWUWXGRM4QR97EJRLWYA)

WHATSAPP GRMROUP

[HTTPS://CHAT.WHATSAPP.COM/ECM4IVFWK00LW5FXFLWCRL](https://chat.whatsapp.com/ECM4IVFWK00LW5FXFLWCRL)

WHATSAPP COMMUNITY GRMROUP

[HTTPS://WHATSAPP.COM/CHANNEL/0029VA9C41GRM0VYCIZNVN2U3R/138](https://whatsapp.com/channel/0029VA9C41GRM0VYCIZNVN2U3R/138)

INSTA PAGRME

[HTTPS://WWW.INSTAGRAM.COM/EPICBITE.SWEETDELIGRMHT?IGRMSH=OXLUCHM4D2ZMYTZX&UTM SOURC](https://www.instagram.com/EPICBITE.SWEETDELIGRMHT?IGRMSH=OXLUCHM4D2ZMYTZX&utm_sourc)

COMMERCIAL LEMON SQUASH RECIPE (1 KGRM BATCH)

INGRMREDIENTS (ALL IN GRMS)

- **FRESH LEMON JUICE – 250 GRM**
- **SUGAR – 650 GRM**
- **WATER – 400 GRM**
- **CITRIC ACID – 8 GRM**
- **SALT – 3 GRM**
- **SODIUM BENZOATE (PRESERVATIVE) – 1 GRM**
- **LEMON ESSENCE (OPTIONAL, FOR STRONGRM AROMA) – 1-2 GRM**
- **YELLOW FOOD COLOR (OPTIONAL) – FEW DROPS**

TOTAL YIELD: APPROX. 1.1-1.2 KGRM LEMON SQUASH SYRUP

METHOD

1. PREPARE SUGAR SYRUP

- **HEAT WATER AND ADD SUGAR**
- **STIR AND BOIL UNTIL FULLY DISSOLVED.**
- **BOIL UNTIL SLIGRMHTLY THICK (1/2 -STRINGRM CONSISTENCY 105°C).**
- **REMOVE FROM HEAT AND COOL TO ROOM TEMPERATURE.**
- **FILTER LEMON JUICE TO REMOVE PULP/SEEDS.**
- **WHEN SYRUP IS COMPLETELY COOL, MIX LEMON JUICE.**
- **ADD CITRIC ACID AND ADD SALT MIX THOROURHLY.**

2. ADD PRESERVATIVE

- **DISSOLVE 1 GRM SODIUM BENZOATE IN A SMALL AMOUNT OF WATER.**
- **ADD TO MIXTURE AND STIR WELL.**
-

3. FINAL ADJUSTMENTS

- **ADD LEMON ESSENCE AND COLOR IF DESIRED.**
- **MIX THOROUGHMHLY.**
- **STRAIN AGRMAIN FOR SMOOTH TEXTURE.**

4. BOTTLINGRM

- **FILL INTO STERILIZED GLASS OR PET BOTTLES.**
- **SEAL IMMEDIATELY.**
- **STORE IN A COOL, DRY PLACE.**

SERVING SUGGESTION

- MIX 1 PART SQUASH 4-5 PARTS CHILLED WATER OR SODA
 - ADD ICE CUBES IF DESIRED.
-

SHELF LIFE

- 4-6 MONTHS AT ROOM TEMPERATURE (IF PROPERLY PRESERVED)
 - REFRIGRATE AFTER OPENING
-

1 ORANGE SQUASH (1 KG BATCH)

INGREDIENTS

- ORANGE PULP / JUICE - 250 GRM
 - ORANGE ESSENCE - 1-2 GRM
 - ORANGE FOOD COLOR - 0.1 GRM
-

2 STRAWBERRY SQUASH

INGREDIENTS

- STRAWBERRY CRUSH / PULP - 250 GRM
 - STRAWBERRY ESSENCE - 1-2 GRM
 - RED FOOD COLOR - 0.1 GRM
-

3 MANGO SQUASH

INGREDIENTS

- MANGO PULP - 300 GRM
 - MANGO ESSENCE - 1 GRM
 - YELLOW COLOR - 0.1 GRM
-



4 PINEAPPLE SQUASH

INGREDIENTS

- PINEAPPLE PULP – 250 GRM
 - PINEAPPLE ESSENCE – 1-2 GRM
 - YELLOW COLOR – 0.1 GRM
-



5 ROSE SYRUP

INGREDIENTS

- ROSE ESSENCE – 1-2 GRM
 - PINK COLOR – 0.1 GRM
-



6 LEMON MINT SQUASH

INGREDIENTS

- MINT EXTRACT – 3-5 GRM
 - FRESH MINT 2TBSP
-



BASIC COMMERCIAL METHOD (SAME FOR ALL)

1. **BOIL SUGAR AND WATER TOGETHER** TO PREPARE THE SYRUP. HEAT UNTIL IT REACHES ABOUT **105°C** (ONE-STRING CONSISTENCY).
2. **ALLOW THE SYRUP TO COOL COMPLETELY** TO ROOM TEMPERATURE.
3. **ADD THE FRUIT PULP OR JUICE** AND MIX THOROUGHLY.
4. **ADD CITRIC ACID AND SALT**, THEN STIR WELL UNTIL FULLY DISSOLVED.
5. **DISSOLVE SODIUM BENZOATE** IN A SMALL QUANTITY OF WATER AND MIX IT INTO THE SYRUP PROPERLY.
6. **ADD ESSENCE AND PERMITTED FOOD COLOR** AS REQUIRED AND MIX UNIFORMLY.
7. **FILTER THE SYRUP** AND FILL INTO STERILIZED BOTTLES. SEAL IMMEDIATELY.