

Pumpkin Jam



Practical Answers Challenging Poverty

Food Processing: Pumpkin Jam

Date: November 25, 2009

براکتکال آکشن

PRACTICAL ACTION

Technology challenging poverty



Ingredients

Two glasses of Pumpkin paste

One glass of sugar

Half a glass of gum solution

One tea spoonful of lemon salt

One tea spoonful of fruit flavour

One quarter of a tea spoonful of food colour



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**Cut into small
cubes**

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**Rinse with
water**



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**Boil pumpkin
cubes**

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**Mash boiled
pumpkin cubes**

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**Measure
pumpkin
paste**



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**Add sugar, stir
and cook**



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Cook and add gum, lemon salt, flavour and food colour

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Canning

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**Pumpkin
Jam**

Video

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