

FERMENTED STRAWBERRY DRINK

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ABSTRACT

Strawberries, jaggery(gur) and cinnamon have really good health supporting properties.

Their all beneficial essence is extracted in this drink, making it healthy as well as tempting. A strawberry wine's impression starts with its colour and smell. You are bombarded from all directions with many different tempting flavours due to essence of Strawberry & Jaggery(gur). Cinnamon spices up the taste of drink. You have to be quick to gather all the flavours.

The invention provides aid to blood, heart and other vital organs, maintaining their working and healthy state. The strawberry wine, mainly comprising citric acid, jaggery(gur), strawberry essence, cinnamon and purified water, is made by the procedures of dissolution, mixture and filter. The invention has good mouthfeel and the functions of strengthening the physical health and protecting health.

It has detectable flavour that come out cleanly and more appealing than any other health drink.

Keywords: Cinnamon, Fermentation, Jaggery(Gur), Medicinal, Natural, Refreshment, Strawberry,.

I.INTRODUCTION

This research started with the question of how can we make something so addictive, beautiful, luscious, healthy and safe to consume. After a lot of surfing we concluded fruit or vegetable wine to be than normal ones. Strawberry was chosen as it consists of all the qualities we needed. Strawberries roasted, juiced, and now, taking on their most exciting role yet, transformed into alcohol. Also jaggery(gur) is used to enhance the abilities of strawberries & making delicious and nutritious.

II. PROCEDURE

1. Wash the strawberries, removing any stem or bits of leaf.
2. In a large glass vessel, mash the strawberries.
3. Cover the mashed berries with boiling water, add lemon juice and citric acid. Add pieces of jaggery(gur) in boiling water and continuously stir for about five minutes. Then carefully add yeast, add half teaspoons when the mash has cooled to Room Temp.
4. Cover the glass vessel with a clean linen cloth.
5. Let the glass vessel rest in a cool, dark place. Give it a stir each day for one week.

6. After one week again strain the mixture through a clean cloth into a large and clean bowl, discarding remaining, useless strawberry.
7. Combine the strawberry liquid with the jaggery, stirring it to dissolve the jaggery.
8. Add the cinnamon powder to separated liquid and stir it thoroughly.
9. Pour the liquid into the clean glass vessel and let it stand another week, stirring it daily.
10. By stirring daily take care that jaggery(gur) does not precipitate and solution is uniform throughout.
11. Let the bottle rest in a cool, dark place .
12. When the wine is done fermenting and there is no other particles in it, pour it into individual bottle, before drinking this delicious strawberry wine.^[1]



III. BENEFITS

1. This drink contains potassium and sodium, which play an important role in the maintenance of acid levels in the body. It also makes sure that a normal level of blood pressure is properly maintained. It's rich in folate and vitamin C which nurtures heart health.
2. The drink has a power to prevent any cellular damage and its anti-inflammatory properties^[5] make it stand out among other fruit based alcoholic beverages.
3. It provides nourishment to brain cells by providing purified blood^[4], also acts as a shield in oxidative damage.
4. Strawberries help to reduce excess cholesterol and maintain cholesterol level.^[3]
5. It is rich in antioxidants like Anthocyanins, Quercetin, Ellagic Acid which protect organs & maintain their working capacity good.^[2]
6. Provides instant energy, removing fatigue.
7. It avoids dehydration and drastic change in sugar level.^[6]

IV. OBSERVATION

- Reddish-Pink coloured wine.
- Containing 5-10% of alcohol.
- Beautiful colour and catchy Odour.

V. CONCLUSION

- Rich in nutrition.
- Mainly contains Vitamin C and Folate which helps reduce blood cholesterol level.
- Helps maintaining purity of blood.
- Good source of antioxidant and dietary fibre which strengthens immunity.
- Delicious and healthy wine.
- Quick and easy to make recipe.

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