



# Preserve Today, Relish Tomorrow

## UCCE Master Food Preservers of El Dorado County

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## Steam Juicing: Extracting the Juice

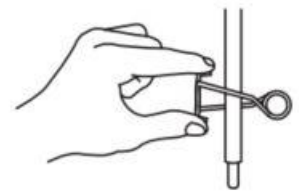
*These instructions are for the Vittorio steam juicer. We are not endorsing this brand, just using it as an example of how a steam juicer works.*

### Preparing Specific Fruit Types

Discard any damaged fruit. No need to remove stems nor seeds. Wash the fruit thoroughly, then place in the colander of the steam juicer.

### Procedure:

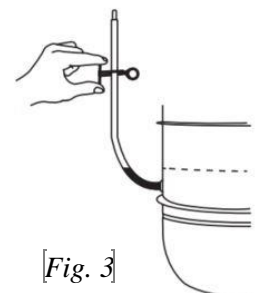
- Fill stock pot with water as recommended by manufacturer of your steam juicer. (see parts diagram on pg 2)
- Place the juice kettle on top of the stock pot so the juice hose can fall lower than the juice kettle. If the hose is raised too high, the juice will not drain properly.
- Squeeze the clamp and slide it to the center of the hose. (See Fig. 1).
- Place the colander on top of the juice kettle and fill to top with previously prepared fruit. Make sure the fruit does not overflow the colander.
- Put the lid on top of the colander, making sure it fits securely in place. If it does not, you may need to remove any excess fruit.
- After correctly assembling your juicer, turn on the burner unit to the High position. Be sure to always use heat protective gloves or mitts while working with your juicer. The steam is very hot and may burn you.
- Once the water has come to a rapid boil, begin turning down your burner temperature until the water remains at a consistent rolling boil that is not too vigorous. Depending on your stove, this will be anywhere between medium-high to high heat.
- Do not let the stock pot boil dry. Check the water level often and add more water as needed. Do not leave your steam juicer unattended while it is in use.
- You will need a saucepot ready for the juice to drain into. Place it slightly below the juicer so the juice hose hangs down into the pot by 3-4 inches. (See Fig. 2). It takes approximately 1 hour before there is enough juice in the juice kettle to drain.
- It will take approximately 2-3 hours for one batch of fruit to go through the entire juicing process. However, times may vary depending upon your burner temperature, altitude, and the type of fruit you use. Stirring the fruit is not recommended as that will result in cloudy juice. For a clean, clear-looking juice it is best to leave the fruit untouched during the juicing process.
- You can check for juice one of two ways:
  1. First, carefully squeeze open the hose clamp and juice will automatically begin draining into the saucepot if there is enough.



[Fig. 1 Hose clamp]



[Fig. 2]



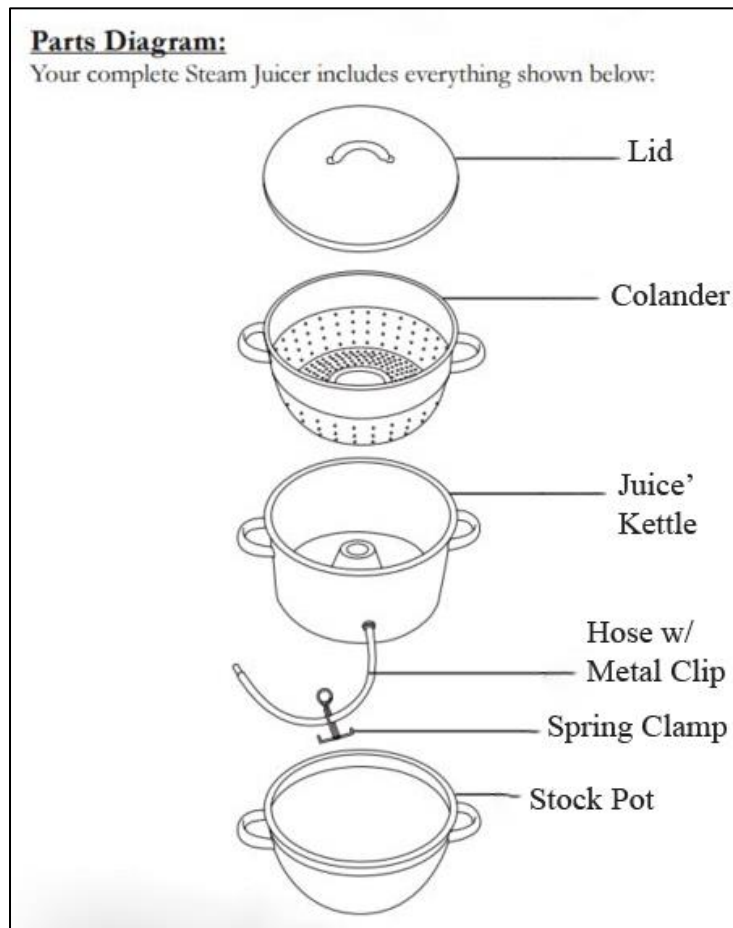
[Fig. 3]

2. Second, lift the juice hose straight up by holding onto the clamp. Do not touch the hose as it will be very hot. If you do not see any juice in the hose, then there is not enough juice in your juice kettle to be measured, using this method. (See Fig. 3).
- If you will be juicing several batches of fruit in a row, be sure to juice one colander full at a time and remove waste before adding another batch for optimal performance. Be sure you do not wait too long before draining the juice kettle, as the juice could overflow into the stock pot below.
  - Unpasteurized (unheated) juice has been linked with illness caused by *E. coli* and *Salmonella*. Pasteurization kills harmful bacteria. Heat the juice to at least 160°F. If you don't have a thermometer that registers in that range, heat the juice until it simmers (when bubbles appear on the surface).

### ***Preserving the Juice***

Store pasteurized juice in the refrigerator for about a week. For longer storage, freezing is recommended. When freezing, be sure to allow at least a 2-inch head space since the juice will expand during freezing and may rupture the container.

Juices may also be canned. Heat the juice to simmering (185-210°F). Pour hot juice into jars. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight. Process in a boiling water or atmospheric steam canner: 5 minutes for pints and quarts; 10 minutes for half gallons. At 1,001-6,000 feet, process pints and quarts for 10 minutes and half gallons for 15 minutes. Remove jars, cool, label, date, and store.



## Pictorial of steam juicing procedure

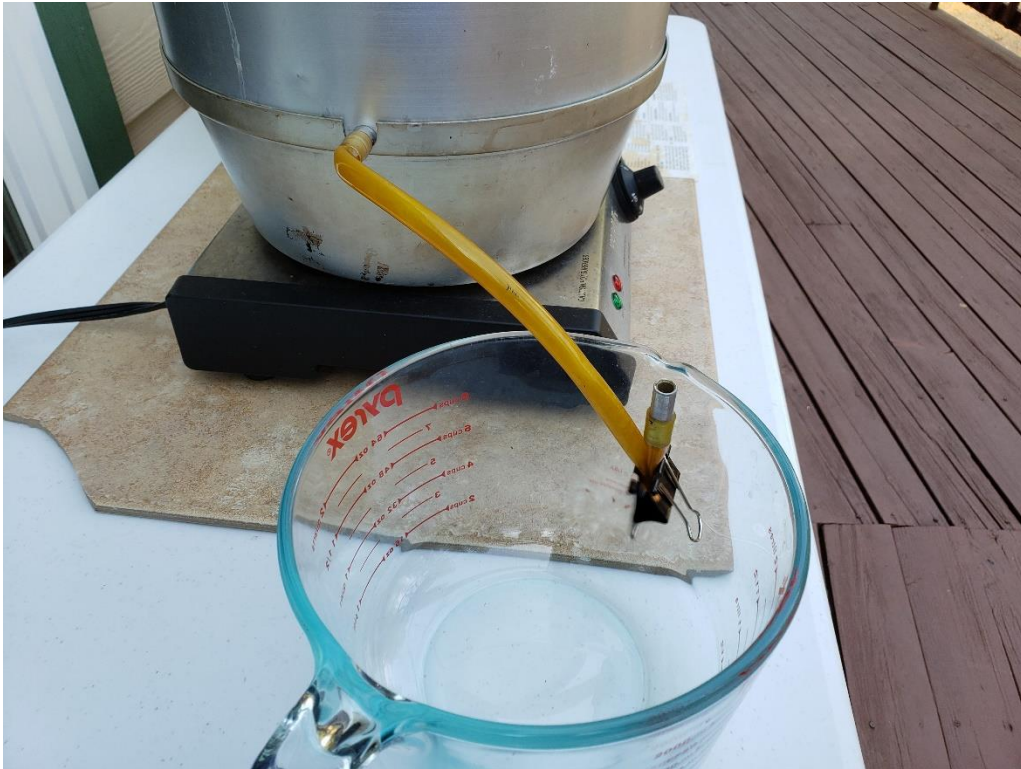


Steam juicer on an electric burner



Fill bottom pot with water





Clamped drain hose with end in measure cup (holds 8 cups)



Place fruit in colander. Wash and drain. No need to peel, seed nor stem grapes.  
If using apples, cut in half or quarter. No need to peel nor core.





No need to peel, seed nor stem grapes.  
If using apples, cut in half or quarter. No need to peel not core.



Place colander on juice kettle. Put lid on the top. Turn on the burner.





Tip: keep an electric tea kettle handy to add water for steaming, as needed. Especially, if steaming multiple batches of fruit.



Steamed grapes with juice





Grape juice



Making grape jelly

[https://nchfp.uga.edu/how/can\\_07/grape\\_jelly\\_powder.html](https://nchfp.uga.edu/how/can_07/grape_jelly_powder.html)





Grape jelly – done!



Canned grape juice in half-gallon jars

[https://nchfp.uga.edu/how/can\\_02/grape\\_juice.html](https://nchfp.uga.edu/how/can_02/grape_juice.html)

Apple juice

[https://nchfp.uga.edu/how/can\\_02/apple\\_juice.html](https://nchfp.uga.edu/how/can_02/apple_juice.html)

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