

HOW TO MAKE RAW APPLE JUICE

The simplest process. Quick. No special kit needed. Preserves the original flavour well, though some people find it too acidic.

WHAT YOU'LL NEED:

Lots of freezer space

Containers – handy-sized, such as plastic milk containers

HOW TO:

Make the juice air-tight as soon as possible after pressing; it oxidises quickly. Cool it as soon as you can to prevent fermenting. At room temperature it'll start going off within a day or two.

Decant the juice into containers; 1 pint, 1 litre or 1 quart are handy sizes. The containers should be clean, but they don't need sterilising. Do not over-fill. The juice will expand as it freezes. Freeze a.s.a.p.

Remember; once you thaw the juice, you need to keep it cool and drink before it goes off.

Buzz Cousins