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Brining of Local Vegetables Crops of High Altitude Region

Technological background :

Salting or brining is an inexpensive and easy way to preserve vegetables. Salted or brined vegetables retain a fair amount of their nutritive value. There are four different ways to salt or brine vegetables.

Four process parameters were standardized with ;

- ❖ a small amount of salt;
- ❖ a large amount of salt;
- ❖ a weak salt brine plus vinegar;
- ❖ a strong salt brine plus vinegar, based on the different vegetables to be preserved.



Brining Unit



Packing Machine



Peas Brining



Carrot Brining

Advantages of the product /technology

- ❖ Increase shelf life of veg bles upto 6 months under ambient conditions
- ❖ Processing viability under cold dessert region
- ❖ Great market potential in modern lifestyle

Impact of Developed Products

- ❖ Low cost and easy adaptable preservation unit for small scale enterprises
- ❖ Design is suitable for green leafy vegetable, peas, okra, turnip, garlic, onion, peas, carrot and cauliflower in pet jars, PE pouches and glass bottles.
- ❖ Processing unit will be easy to operate with minimum maintenance cost and more durability in all the conditions



Nutritional Comparison of Fresh and Brine Vegetables

Composition (%)	Fresh Peas	Peas in Brine	Fresh Carrot	Carrot in Brine	Fresh Cauliflower	Cauliflower in Brine
Moisture	86.66	87.10	87.60	88.45	89.17	89.45
Protein	2.66	2.56	0.85	0.84	1.59	1.58
Fat	0.28	0.27	0.24	0.24	0.21	0.20
Carbohydrates	7.47	7.15	8.18	8.01	5.10	4.88
Dietary Fiber	1.98	1.70	1.45	1.11	2.20	2.00
Ash	0.44	0.40	0.90	0.71	0.56	0.50

Technology dissemination approaches :

Technology for Buckwheat Based different food products will be undergo with following business plan:

- ❖ Local NGO's/SHGs/Clusters/ Society of the high altitude region for their livelihood generation,
- ❖ Utilization of local food resources, enhancement of the capability of local inhabitants through training pertaining to vegetable preservation and dissemination of the know-how by preparing SOPs manual or brochure

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