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Making Banana Wine





Introduction

Limited market participation in banana produce is due to inadequate products in the market. Therefore diversification of banana food products enhances commercialization of banana, and demand thus spurring increased production. This has potential to improve income and food security for small holder farmer. Banana wine is made by fermenting banana juice. Good quality wine can be obtained from ripe and overripe fruit. Peels can be included to complement the nutrients required for yeast and impart natural colour to the resultant wine.

Ingredients for making wine

- Ripe or overripe bananas
- Sugar
- Water
- Wine yeast

Procedure

1. Peel the ripe bananas and cut into thin slices.
2. For every one part of sliced banana, add one and a half parts water.
3. Boil the mixture for 30 minutes to one hour or depending on the quantity.
4. Strain and add sugar (One part of sugar to every three parts of the extract) to the extract.
5. Stir and boil to dissolve the sugar. The sugar content should be at 22-24 ° brix
6. Allow to cool
7. Transfer into a clean glass container or demi-johns
8. Inoculate with wine yeast (one table spoon yeast for every 40 litres boiled sweetened juice).
9. Fermentation is done at 40 - 45° C for about three weeks.
10. Filtration can be done using a normal sieve
11. Clarification is then done by settling and decanting
12. Bottling is then done
13. The alcoholic content of the wine ranges from six to twelve percent.

