

**REPORT ON TRAINING OF COMMUNITY FOREST WOMEN COMMITTEES**  
**ON RECIPES OF FRUITS AND NUTS**

**VENUE: JANJANBUREH FOREST STATION**

**DATE: 3 - 7 APRIL 2019**

<b>RECEIPES OF MANGO JAM</b>		
<b><i>Ingredients</i></b>	<b><i>Mango Jam Preparation with the use of blender</i></b>	<b><i>Mango Jam Preparation without the use of blender</i></b>
<ul style="list-style-type: none"> <li>• Ripe Mangoes</li> <li>• Sugar</li> <li>• Bleach</li> <li>• vinegar</li> <li>• fresh lime</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Clean the jars together with the lids with bleach or vinegar</li> <li>• Sterilized the jars and lids with hot water</li> <li>• Wash the mangoes with bleach or vinegar</li> <li>• Peeled and chop the mangoes</li> <li>• Blend the chop the mangoes using a blinder, grind into smooth puree</li> <li>• Measure smooth puree using a cup (if the measured smooth puree is 5 and ½ cups full, sugar should be 5x1/4 of the same cup used to measure the smooth puree)</li> <li>• Mix the smooth puree and sugar in a cooking pot</li> <li>• Cook the mixture slowly under very low fire by stirring bit by bit until the jam gets sticky/tick.</li> <li>• Add fresh lime juice in the boiling mixture</li> <li>• Use a clean piece of cloth and wipe the bottles and covers to make sure that there is no drop of water in</li> </ul>	<ul style="list-style-type: none"> <li>• Clean the jars together with the lids with bleach or vinegar</li> <li>• Sterilized the jars and lids with hot water</li> <li>• Wash the mangoes with bleach or vinegar</li> <li>• Peeled and chop the mangoes</li> <li>• Put the chopped mangoes into a cooking pot add reasonable quantity of water</li> <li>• Put on very low fire and stir bit by bit by mashing until the chopped mangoes grind into smooth puree.</li> <li>• Measure smooth puree using a cup (if the measured smooth puree is 5 and ½ cups full, sugar should be 5x1/4 of the same cup used to measure the smooth puree)</li> <li>• Mix the smooth puree and sugar in a cooking pot</li> <li>• Cook the mixture slowly under very low fire by</li> </ul>

	<p>the jars you going to put the jam.</p> <ul style="list-style-type: none"> <li>• Fill the jars with jam, cover them and put them upside down. This will help to tighten the cover firm on the jars.</li> <li>• It can remain fresh for a period of 6 months before getting expired</li> </ul>	<p>stirring bit by bit until the jam gets sticky/tick.</p> <ul style="list-style-type: none"> <li>• Add fresh lime juice in the boiling mixture</li> <li>• Use a clean piece of cloth and wipe the jars and covers to make sure that there is no drop of water in the jars you going to put the jam.</li> <li>• Fill the jars with jam, cover them and put them upside down. This will help to tighten the cover firm on the jars.</li> <li>• It can remain fresh for a period of 6 months before getting expired</li> </ul>
--	---	--

<b>RECEIPES OF BANANA JAM</b>		
<b><i>Ingredients</i></b>	<b><i>Banana Jam Preparation with the use of blender</i></b>	<b><i>Banana Jam Preparation without the use of blender</i></b>
<ul style="list-style-type: none"> <li>• Ripe Banana</li> <li>• Sugar</li> <li>• Bleach</li> <li>• vinegar</li> <li>• Fresh lime</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Clean the jars together with the lids with bleach or vinegar</li> <li>• Sterilized the jars and lids with hot water</li> <li>• Wash the bananas with bleach or vinegar</li> <li>• Peeled and slice the bananas into small pieces</li> <li>• Blend the sliced bananas using a blinder, grind into smooth puree</li> <li>• Measure smooth puree using a cup (if the measured smooth puree is 5 and ½ cups full, sugar should be 5x1/4 of the same cup used to measure the smooth puree)</li> <li>• Mix the smooth puree and sugar in a cooking pot</li> <li>• Cook the mixture slowly under very low fire by stirring bit by bit until the jam gets sticky/tick.</li> <li>• Add fresh lime juice in the boiling mixture</li> <li>• Use a clean piece of cloth and wipe the jars and</li> </ul>	<ul style="list-style-type: none"> <li>• Clean the jars together with the lids with bleach or vinegar</li> <li>• Sterilized the jars and lids with hot water</li> <li>• Wash the bananas with bleach or vinegar</li> <li>• Peeled and slice the bananas into small pieces</li> <li>• Put the sliced bananas into a cooking pot add reasonable quantity of water</li> <li>• Put on very low fire and stir bit by bit by mashing until the sliced bananas grind into smooth pure</li> <li>• Measure smooth puree using a cup (if the measured smooth puree is 5 and ½ cups full, sugar should be 5x1/4 of the same cup used to measure the smooth puree)</li> <li>• Mix the smooth puree and sugar in a cooking pot</li> </ul>

	<p>covers to make sure that there is no drop of water in the jars you going to put the jam.</p> <ul style="list-style-type: none"> <li>• Fill the jars with jam, cover them and put them upside down. This will help to tighten the cover firm on the jars.</li> <li>• It can remain fresh for a period of 6 months getting expired.</li> </ul>	<ul style="list-style-type: none"> <li>• Cook the mixture slowly under very low fire by stirring bit by bit until the jam gets sticky/tick.</li> <li>• Add fresh lime juice in the boiling mixture.</li> <li>• Use a clean piece of cloth and wipe the jars and covers to make sure that there is no drop of water in the jars you going to put the jam.</li> <li>• Fill the jars with jam, cover them and put them upside down. This will help to tighten the cover firm on the jars.</li> <li>• It can remain fresh for a period of 6 months before getting expired</li> </ul>
--	---	--

<b>RECEIPES OF PAWPAW (PAPAYA) JAM</b>		
<b><i>Ingredients</i></b>	<b><i>Pawpaw Jam Preparation with the use of blender</i></b>	<b><i>Pawpaw Jam Preparation without the use of blender</i></b>
<ul style="list-style-type: none"> <li>• Ripe papaya</li> <li>• Sugar</li> <li>• Bleach</li> <li>• vinegar</li> <li>• fresh lime</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Clean the jars together with the lids with bleach or vinegar</li> <li>• Sterilized the jars and lids with hot water</li> <li>• Wash the papaya with bleach or vinegar</li> <li>• Peeled the papaya and slice the papaya into small pieces</li> <li>• Blend the sliced papaya using a blinder, grind into smooth puree</li> <li>• Measure smooth puree using a cup (if the measured smooth puree is 5 and ½ cups full, sugar should be 5x1/4 of the same cup used to measure the smooth puree)</li> <li>• Mix the smooth puree and sugar in a cooking pot</li> <li>• Cook the mixture slowly under very low fire by stirring bit by bit until the jam gets sticky/tick.</li> <li>• Add fresh lime juice in the boiling mixture</li> </ul>	<ul style="list-style-type: none"> <li>• Clean the jars together with the lids with bleach or vinegar</li> <li>• Sterilized the jars and lids with hot water</li> <li>• Wash the papaya with bleach or vinegar</li> <li>• Peeled the papaya and slice the papaya into small pieces</li> <li>• Put the slice papaya into a cooking pot add reasonable quantity of water</li> <li>• Put on very low fire and stir bit by bit by mashing until the sliced papaya grind into smooth puree</li> <li>• Measure smooth puree using a cup (if the measured smooth puree is 5 and ½ cups full, sugar should be 5x1/4 of the same cup used to measure the smooth puree)</li> <li>• Mix the smooth puree and sugar in a cooking</li> </ul>

	<ul style="list-style-type: none"> <li>• Use a clean piece of cloth and wipe the jars and covers to make sure that there is no drop of water in the jars you going to put the jam.</li> <li>• Fill the bottles with jam, cover them and put them upside down. This will help to tighten the cover firm on the bottle.</li> <li>• It can remain fresh for a period of 6 months getting expired.</li> </ul>	<p>pot</p> <ul style="list-style-type: none"> <li>• Cook the mixture slowly under very low fire by stirring bit by bit until the jam gets sticky/tick. Add fresh lime juice in the boiling mixture</li> <li>• Use a clean piece of cloth and wipe the jars and covers to make sure that there is no drop of water in the jars you going to put the jam.</li> <li>• Fill the jars with jam, cover them and put them upside down. This will help to tighten the cover firm on the jars.</li> <li>• It can remain fresh for a period of 6 months before getting expired</li> </ul>
--	---	---

## RECEIPES OF RED HIBISCUS FLOWERS (WONJO) JAM

<b><i>Ingredients</i></b>	<b><i>Wonjo Jam Preparation with the use of blender</i></b>	<b><i>Wonjo Jam Preparation without the use of blender</i></b>
---------------------------	---	--

<ul style="list-style-type: none"> <li>• Wonjo fruit</li> <li>• Sugar</li> <li>• Bleach</li> <li>• Vinegar</li> <li>• water</li> </ul>	N/A	<ul style="list-style-type: none"> <li>• Clean the jars together with the lids with bleach or vinegar</li> <li>• Sterilized the jars and lids with hot water</li> <li>• Wash the wonjo with vinegar and put them in a large pot with the water</li> <li>• Cover the pot allowing it to boil mixture slowly under very low fire by stirring bit by bit</li> <li>• Add fresh lime juice in the boiling mixture</li> <li>• Use a clean piece of cloth and wipe the jars and covers to make sure that there is no drop of water in the jars you going to put the jam.</li> <li>• Fill the jars with jam, cover them and put them upside down. This will help to tighten the cover firm on the jars.</li> <li>• It can remain fresh for a period of 6 months getting expired.</li> </ul>
--	-----	---

## RECEIPES OF TAMARIND (DAHARR) JAM

<b><i>Ingredients</i></b>	<b><i>Daharr Jam Preparation with the use of blender</i></b>	<b><i>Daharr Jam Preparation without the use of blender</i></b>
<ul style="list-style-type: none"> <li>• Daharr fruit</li> <li>• Sugar</li> <li>• Bleach</li> <li>• Vinegar</li> <li>• Fresh lime</li> <li>• water</li> </ul>	N/A	<ul style="list-style-type: none"> <li>• Clean the jars together with the lids with bleach or vinegar</li> <li>• Sterilized the jars and lids with hot water</li> <li>• Peeled and wash the daharr</li> <li>• Make sure all the casing is off the daharr fruits</li> <li>• Break the daharr up into piece</li> <li>• Put them in a large pot with water</li> <li>• Cover the pot and bring it to a simmer</li> </ul>

		<p>allowing it to boil mixture slowly under very low fire by stirring bit by bit</p> <ul style="list-style-type: none"> <li>• Allow the daharr jam to cool then continue to mash</li> <li>• Use your clean hands to squeeze and separate the mixture</li> <li>• Use a clean piece of cloth and wipe the jars and covers to make sure that there is no drop of water in the jars you going to put the jam.</li> <li>• Fill the jars with jam, cover them and put them upside down. This will help to tighten the cover firm on the jars.</li> <li>• It can remain fresh for a period of 6 months before getting expired</li> </ul>
--	--	---

<h2 style="text-align: center;">RECEIPES OF MANGO JUICE</h2>		
<b>Ingredients</b>	<b><i>Mango Juice Preparation with the use of blender</i></b>	<b><i>Mango Juice Preparation without the use of blender</i></b>
<ul style="list-style-type: none"> <li>• Ripe Mangoes</li> <li>• Sugar</li> <li>• Bleach</li> <li>• vinegar</li> <li>• fresh lime</li> <li>• water</li> </ul>	<ul style="list-style-type: none"> <li>• Clean the bottles together with the covers with bleach or vinegar</li> <li>• Sterilized the bottles and covers with hot water</li> <li>• Wash the mangoes with bleach or vinegar</li> <li>• Peeled and chop the mangoes</li> <li>• Blend the chopped mangoes using a blinder, grind into smooth puree</li> <li>• Put the smooth puree in a large pot with water</li> <li>• Cover the pot allowing it to boil mixture slowly under very low fire by stirring bit by bit</li> <li>• Add fresh lime juice in the boiling mixture</li> <li>• Sieve the mango juice</li> <li>• Add sugar according to your taste</li> <li>• Dry the bottles to make sure that there is no drop of</li> </ul>	<ul style="list-style-type: none"> <li>• Clean the bottles together with the covers with bleach or vinegar</li> <li>• Sterilized the bottles and covers with hot water</li> <li>• Wash the mangoes with bleach or vinegar</li> <li>• Peeled and chop the mangoes</li> <li>• Put the chopped mangoes into a cooking pot add reasonable quantity of water</li> <li>• Put on very low fire and stir bit by bit by mashing until the chopped mangoes grind into smooth puree.</li> <li>• Add water and stir</li> <li>• Sieve the mango juice</li> <li>• Add sugar according to your taste</li> </ul>

	water inside <ul style="list-style-type: none"> <li>• Fill the bottles with juice</li> </ul>	<ul style="list-style-type: none"> <li>• Dry the bottles to make sure that there is no drop of water inside</li> <li>• Fill the bottles with juice</li> </ul>
--	---	---

## RECEIPES OF BAOBAB JUICE

<b>Ingredients</b>	<b><i>Baobab Juice Preparation with the use of blender</i></b>	<b><i>Baobab Juice Preparation without the use of blender</i></b>
<ul style="list-style-type: none"> <li>• Baobab fruit</li> <li>• Sugar</li> <li>• Bleach</li> <li>• Vinegar</li> <li>• water</li> </ul>	N/A	<ul style="list-style-type: none"> <li>• Clean the bottles together with the covers with bleach or vinegar</li> <li>• Sterilized the bottles and covers with hot water</li> <li>• Remove all the casing and wash the baobab</li> <li>• Soak the baobab inside clean water</li> <li>• Mix the baobab</li> <li>• Sieve to remove the seeds</li> <li>• Use clean white piece of cloth to sieve the baobab juice again</li> <li>• Put the mixture in a cooking pot</li> <li>• Cover the pot allowing it to boil mixture slowly under very low fire by stirring bit by bit for about 5 minutes</li> <li>• Add sugar according to your taste</li> </ul>

## RECEIPES OF GINGER JUICE

<b>Ingredients</b>	<b><i>Ginger Juice Preparation with the use of blender</i></b>	<b><i>Ginger Juice Preparation without the use of blender</i></b>
<ul style="list-style-type: none"> <li>• Ginger fruit</li> <li>• Sugar</li> <li>• Bleach</li> </ul>	N/A	<ul style="list-style-type: none"> <li>• Clean the bottles together with the covers with bleach or vinegar</li> <li>• Sterilized the jam bottles and covers with hot</li> </ul>

<ul style="list-style-type: none"> <li>• Vinegar</li> <li>• water</li> </ul>		<p>water</p> <ul style="list-style-type: none"> <li>• Peel and wash the ginger</li> <li>• Use a mortar and pestle to mash the ginger into a paste by adding water</li> <li>• Strain and squeeze juice from ginger pulp</li> <li>• Use clean white piece of cloth to sieve the ginger juice again</li> <li>• Add sugar according to your tastes.</li> </ul>
--	--	--

## RECEIPES OF DETARIUM SENEGALENSE( DITAKH) JUICE

<b><i>Ingredients</i></b>	<b><i>Detah Juice Preparation with the use of blender</i></b>	<b><i>Detah Juice Preparation without the use of blender</i></b>
<ul style="list-style-type: none"> <li>• Detah fruit</li> <li>• sugar</li> <li>• water</li> <li>• Bleach</li> <li>• Vinegar</li> </ul>	N/A	<ul style="list-style-type: none"> <li>• Clean the bottles together with the covers with bleach or vinegar</li> <li>• Sterilized the jam bottles and covers with hot water</li> <li>• Wash the ditakh with bleach or vinegar</li> <li>• Remove the skin from the ditakh and put in water</li> <li>• Leave to rest for some time, scratch the ditakh very well to recover the flesh</li> <li>• Remove the ditakh nuclei.</li> <li>• Mix and filter juice.</li> <li>• Put the mixture in a cooking pot</li> <li>• Cover the pot allowing it to boil mixture slowly under very low fire by stirring bit by bit</li> <li>• Allow the daharr juice to cool</li> <li>• Add sugar according to your tastes.</li> </ul>