



FRUIT ENZYME

健康水果酵素

Method

1. Rinse pineapple and lemon. Allow them to be air-dried. Peel pineapple and lemon. Cut into slices.
2. Pour 50 ml of EM1 into the glass bottle.
3. Place a layer of pineapple and lemon slices in a glass bottle, followed by a layer of brown sugar. Repeat this step until all ingredients has used up. Brown sugar must be placed as the top layer.
4. Seal the bottle and let ferment for 2 weeks in a shady place at room temperature.
5. Release gas every 2-3 days. Shake the bottle on the 3rd or 4th day so that the fruits could be even fermented. Store in refrigerator.

做法

1. 洗净黄梨和柠檬，风干，去皮切片。
2. 先在玻璃罐内倒入 50 ml 的 EM1。
3. 把黄梨和柠檬各叠一层，再放一层黑糖，依序叠放，最高一层必须是黑糖。
4. 把瓶子密封起来，放在阴凉的地方，让水果进行发酵两个星期。
5. 发酵期间每隔 2-3 天排气，到第 3、4 天，将罐子拿起来摇晃，让水果均匀发酵。两星期后，即可食用，或存放冰箱。

INGREDIENTS

1 Fresh Pineapple

½ Lemon (peeled)

150 – 200g Brown Sugar

50 ml EM1

材料

新鲜黄梨 2 个

柠檬(去皮) 1 个

黑糖 150-200 克

EM1 50 ml

WASHING TIP!

Soak the fruits in a tub of water with 1 cup of EM for 10 min. Air dry.

洗净小贴士

把水果浸泡在一盆加入了 1 杯 EM 的清水里，10 分钟后风干。