

FOLLOW UP TO TABLE OLIVE WORKSHOPS

25 August 2020

Wishing you all a very joyfilled Spring, full of promise, renewal and connection.







Refresher of Key Elements of TOP

1. Harvesting

- At the best stage of maturity for each cultivar
- Harvest only healthy fruit, with care
- Ensure containers will not bruise the fruit
- Process as soon as possible

2. Brining

- Rinse fruit to remove dust etc
- Straight into 10% brine (5% for large green fruit)
- Keep fruit submerged – min 40 – 50 mm
- For large green fruit, increase salt every 2 days until at 10%

3. Most damage by Gram negative bacteria occurs during the first 2 – 3 weeks – very important to get the salt to 10% asap
4. As the fruit absorbs salt, a little more should be added
5. Keep a record of the data – salt concentration and pH
6. Starting pH will be about pH 6 – 7 – depending on pH of your water
7. As the fermentation proceeds, the pH will decrease – which means the lactic acid is increasing
8. pH should reach pH 3.6 – 4.2

Questions

- Not able to get the pH down – has used copious amount of vinegar. Is concerned about using acetic acid.
- Nutrition facts and BB date
- Flavour loss when vacuum-sealing olives?



















- Enjoy every minute!

» Thank you.