

**Examples:**

vegetables, fruits, mushrooms, meat, fish, ready meals, milk and canned food

Sterilization is necessary to preserve products for several years and to kill all micro-organisms.

During sterilization food is heated for a long period of time at a high temperatures.

**Advantages:**

- without cooling several years durable
- nearly all micro-organism are destroyed

**Disadvantages:**

- vitamin loss due to heat and oxygen
- mineral loss due to leaching
- colour and aroma changes
- protein decreases in value

# Sterilized Products

**Recipe for cherry compote:**

For the cherry compote wash the cherries, remove the stems and pour into sterilized glasses (immerse the glasses in boiling water for 10 seconds).

Bring water, sugar, cinnamon bark and cloves to the boil, then cool and pour over the cherries in the glasses so that the cherries are covered.

Place the also sterilized rubbers (immerse the rubbers in boiling water for some seconds) on the jars, place the lids on them and close with the clamps.

Place the glasses in a large pot, fill with water and boil the cherry compote for 15-20 minutes.