



# Grape Must and Grape Molasses

**10'**  
Hands on

**3 liters**  
Portion(s)

**3**  
Difficulty



## Ingredients

- 10 kilos grape

## Διατροφικός πίνακας

Nutrition information per 100 gr.

248 Calories (kcal)	0.67 Total Fat (g)	0.2 Saturated Fat (g)	54.0 Total Carbs (g)
12%	1%	1%	21%
54.0 Sugars (g)	2.1 Protein (g)	4.3 Fibre (g)	0.01 Sodium (g)
60%	4%	17%	0%

## Method

- Squeeze the grapes and pass the juice through a sieve that has a double lining of cheese cloth. If you use a blender, the juice will come out cloudy, not clear.
- The micro-organisms in the grape peel start to ferment the must. This is the process that turns it in to wine.
- To stop this process, we need to boil the juice.
- In the past, ash was used to make this process easier. Ash makes the grape juice froth a great deal while boiling.
- Since we are using natural, organic grapes, we don't need to do this.
- Pour the grape juice in to a large pot and boil over medium heat. Skim the froth often. Most of the froth will come up when you first begin to boil. After a while, it will stop and finally it will thicken.
- This will take about 45 minutes to 1 hour.
- Pass the must through the sieve with the cheesecloth, again. Pour in to a glass bottle and store in the refrigerator or freezer.
- To make grape molasses, we continue to boil the juice until it has condensed to 10% of its original volume.
- Its texture should be just like thin honey.
- Can also be stored out of the refrigerator, in a cool, dry place for months.