

The invention relates to a method for producing a puree preparation from *Carica papaya* fruit, said method comprising the following steps: the fruit or crushed fruit, especially in a sieved form, is cooked for at least 30 minutes at normal pressure, optionally in an aqueous solution which is at least twice the volume of the fruit; the fruit or crushed fruit which has been cooked is cooled over a period of time of at least 30 minutes in an oxygen-containing atmosphere; and the fruit or crushed fruit which has been i cooled is optionally crushed, mixed and strained until a homogeneous puree is obtained.