Marmalade Recipe

Ingredients

1.5 kg of fruit – orange, grapefruit, lemon, mandarin, cumquat
2.5 kg sugar
500mls water (recipe says 1-2 litres but this can be runny, better to add water later if needed. Keep an eye on brew so that it doesn’t thicken too much and burn)
25g jam setta (if necessary)

Method

Scrub fruit well, cut into quarters, remove pips then slice or shred flesh very thinly.
Place in large pan with water and cook gently, uncovered, until fruit is very soft. (This may take 1.5-2.5 hrs)
Add sugar (warmed if you wish) and heat gently until dissolved, stirring constantly.
Bring to boil and boil vigorously for 15-20 mins, stirring occasionally.
Remove from heat and test to see if set. (Instructions on first page)
Add jam setta if necessary by sprinkling over brew, returning to heat and stirring until dissolved. Ensure there are no lumps. (Test again)
Allow to stand 5-10 mins.
Skim scum from surface with a metal slotted spoon, if necessary.
Pour into warm, dry, sterilised jars and seal immediately. (Instructions on first page)

Tip: The pips from the citrus fruit can be soaked in a cup of water overnight and the strained liquid used as part of the water quantity. This helps the marmalade to set.
Tip: Limes can be used also, but the pith is very bitter and can be a disappointing result. Try to use just the rind and flesh without the pith.
Marmalade Recipe 2

Ingredients

Seville, Poirier or sweet oranges, or a mixture of any, may be used.
To each kilogram of oranges allow 6-8 cups water
5 cups sugar
Juice of 1 lemon

Method

Shred oranges finely, removing pips; cover with water, and leave for 24 hours; put pips in a separate basin with water, and in the morning strain this off and add to the fruit.
Put fruit in preserving pan, squeeze the lemons and add the juice and peels to the oranges.
Boil till the fruit begins to fall to the bottom, which it will do in about an hour; add sugar, and boil fast till the syrup will jell, an hour to an hour and a half; remove the lemon peels, and bottle.

Marmalade Recipe 3

Ingredients

Seville oranges
Water
Salt
Sugar

Method

Thinly slice fruit, having first removed all pips and central membrane.
For every 500g prepared fruit, allow 1.8 litres water and ¼ spoon salt.
Simmer fruit, salt and water until peel is soft and easily squashed. Allow to rest for 24 hours in a ceramic or stainless steel bowl.
Next day, measure fruit and water into a preserving pan or large stockpot using a cup. Bring to a boil and for every cup of fruit and water allow an equal measure of sugar.
Old-Fashioned Grapefruit Marmalade

Ingredients

5 kg grapefruit - greenish - off the tree MUCH preferred
5-6 lemons - good sized
5 kg white sugar
6-8 litres water

Method

Finely slice the grapefruit and lemons. Place them in a good sized stainless steel cooking pot with the water- over a wok burner if possible as this reduces caramelising of the sugar and the fruit sticking to the bottom of the pan.
Bring to the boil and then boil gently until the skin of the citrus fruit is "clarified" and soft.
Add the sugar, stirring until completely dissolved
Maintain at a gentle boil until reduced sufficiently for the jam to "set"
Skim the pips if desired. It seems not to make a difference to the jam itself but essential if you want to "show" your marmalade rather than eat it!
Bottle, seal and label immediately, using clean and heated bottles.

Try experimenting with different citrus fruits and citrus fruit mixes, limes, mandarins, oranges, cumquats. Using the same proportions of total citrus in the recipe.
A great mix is "Four Seasons Marmalade" with predominantly grapefruit (say 3.5 kg), lemon of course, orange (1 kg) and cumquat (500 g).
Grapefruit and lime in equal quantity (plus the lemons) is also great for variety on the breakfast table.
Bear in mind however that oranges, mandarins and cumquats have less pectin than grapefruit and require more time on the cooker. You may have to settle for a jam that is less of a jelly consistency than you would have with the plain marmalade. So always use lemons or limes as both are jam packed with pectin.
Pink Grapefruit & Cranberry Marmalade

Ingredients

1.5kg Pink Grapefruit sliced and pips removed
150g dried cranberries
2 litres of water
Juice of 1 lemon or 2 teaspoons of citric acid
3 kg sugar

Method

Place the sliced grapefruit and cranberries, with the water and lemon/acid in a large saucepan and simmer, covered until the peel is tender. (This can be done in a casserole dish in the oven).

Transfer the fruit and liquid into a preserving pan, add the sugar and stir until dissolved and then bring to a rolling boil.

Test for set after 5 mins, as does set very quickly.

Remove any scum and allow to cool for 10 mins before potting into sterilised jars.
Strawberry and Rhubarb Jam

Ingredients

3 cups strawberries, fresh/frozen
1 orange
1 cup rhubarb, fresh or frozen, cut in 1/2 inch pieces
4 cups sugar

Method

Wash, hull and drain berries. Measure slightly crushed berries.
Cut unpeeled orange into quarters. Remove seeds.
Chop or finely grind. Mix all ingredients in a large heavy bottomed saucepan.
Bring to a boil over high heat. Stir, boiling hard, until thick. About 12 to 15 minutes.
Remove from heat. Skim off foam and stir for 5 minutes.
Ladle into hot sterilised jars and seal.
Raspberry Jam

Ingredients

2 1/2 kg raspberries
2 1/2 tbsp lemon juice
2 1/2 kg sugar

Method

Place raspberries and lemon juice in a large saucepan and bring to the boil.
Add sugar and stir well until sugar dissolves.
Bring to boil.
Boil until jam sets (about 20 30 minutes).
Pour into sterilised jars and seal.
Makes about 15 x 250ml jars

Blackberry and Apple Jam

Ingredients

2 kg blackberries
750g peeled and cored cooking apples.
300ml water
3 kg sugar

Method

Hull and pick over the blackberries rinse and drain.
In a big pan, put the blackberries with half of the water, and simmer until soft.
In a smaller pan place the apples and the remaining water and simmer till soft.
When both fruit are soft mash them, and put the apples into the big pan containing the blackberries, add
the sugar and stir until dissolved.
Boil rapidly to setting point.

Pour into sterilised jars and seal.
Peach or Nectarine Chutney
Stephanie Alexander

Ingredients

1.5 kg peaches or nectarines, peeled
1.5 kg brown sugar
2 tsp ground ginger
1 stick cinnamon
½ tsp ground cloves
2 tsp salt
2 fresh red chillies, seeded and finely chopped
3 cups cider vinegar
2 apples, unpeeled and grated
3 onions, finely chopped

Method

Cut peaches into thick slices or chunks. Put all ingredients into a heavy based stockpot and stir over heat until sugar has dissolved and chutney has come to boiling point. Boil steadily for 1 hour until chutney is thick. Remove cinnamon stick before bottling into clean, dry, sterilised jars. Seal and store in a cool place away from sunlight.
Maggie Beer’s Peach Jam

Ingredients

1 ½ kg peaches
750 grams sugar
Peel of one lemon
Juice of two lemons
2 tablespoons Amaretto or Peach Schnapps or Peach Liqueur

Method

Cut peaches into chunks, leaving skins on and taking out the stone. Use really ripe fruit for the flavour, but also some less ripe ones as these have a higher level of pectin. Don’t keep the peaches in the fridge, as this also will reduce the pectin levels.

Put the cut peaches into a pot, no added water and simmer at a very low heat, adding lemon peel to add the tart taste and also to increase the levels of pectin.

Tie some of the stones into a clean chux cloth and add the bundle to the peaches continuing to simmer and stir every now and then to prevent burning the bottom of the saucepan. As the fruit seems cooked take the bag of stones out and stir in the sugar, adding lemon juice to check the flavour.

Cook until the jam begins to thicken and test for setting. Just before pouring into the sterilised jars and sealing, add Amaretto.
Beetroots Relish

Ingredients

1350g of grated beetroot
450g cooking apples, grated
450g sugar
½ litre white vinegar (you can use white wine vinegar)
450g onion finely chopped
2 tsp salt
1 tsp nutmeg

Method

Cook onion in a small amount of vinegar, add beetroot, apple, salt and sugar. Cook steadily until beetroot and apples are tender but still hold their texture (not mushy). The vinegar should be added gradually so the mix is neither too wet nor dry. (Use 10-15 minutes cooking time as a guide). Pour into sterilised jars and seal.
Beetroot and Orange Relish

Ingredients

1 kg beetroot, cooked, peeled and grated
4 Granny Smith apples, peeled and chopped
2 onions, peeled and chopped
2 oranges, zested and diced
1 cup white sugar
2 cups cider vinegar
1 cup water
1 tsp chilli flakes
1 tsp allspice
4 garlic cloves
1 tsp salt

Method

Place all the ingredients into a heavy based saucepan and bring to the boil. Reduce the heat and simmer, uncovered, stirring occasionally for approximately 1 hour or until the mixture has thickened. (Can use arrowroot to thicken if necessary).

Pour into sterilised jars and seal while still hot. (Makes 4 to 6 jars)

Red Onion Marmalade

Ingredients

3 kg red onions, finely sliced
2 cups olive oil
400g brown sugar
500ml red wine vinegar or sherry vinegar
4 tsp sea salt

Method

Cook sliced onions in oil stirring regularly until they start to stick. When the onions start to turn a caramel colour, add sugar and cook for a further 5 to 10 minutes before adding the vinegar and salt. Cook until onions return to a caramelized consistency. Pour into sterilised jars and seal.

Variations: Add oregano, basil, rosemary, extra chilli, roasted garlic, roasted capsicum or a pinch of saffron.
Basic Principles of Preserve Making

Sterilization of Jars

It is critical to ensure that bottles are clean and sterilised to kill any potential bacteria.

Remove existing labels from jars by soaking in water. Wash jars and lids thoroughly with a bottle brush. If jars are washed in the dishwasher, make sure all residue is removed. Bottles can be sterilised by boiling for 10 mins, or by 'cooking' them in the oven at 150 degrees C for 15 mins. This is an easier method when there are many bottles. Use clean metal tongs to remove jars just before the preserve is ready to be bottled. Be careful not to burn yourself!

Cellophane jam toppers can be used to ensure an airtight seal to prolong the life of the preserve. They can be bought at the supermarket, and come with rubber bands. Dip the cellophane toppers quickly in a saucer of boiled water so that the cellophane is damp rather than wet. Place on the hot jar, ensuring a good seal and secure with a rubber band. As the preserve cools, the cellophane will concave which indicates an airtight seal.

Lids should be gently applied taking care not to tear the cellophane. Lids can be tightened gradually as the batch cools.

Preservatives

Sugar and vinegar are used to preserve the jam, relish or pickle. It is important to use at least the quantity indicated, otherwise your hard work may not last long. For jams, the rule of thumb is equal quantities of fruit and sugar.

Some recipes recommend heating the sugar before adding it to the jam mix, but unless you’re a connoisseur it doesn’t seem to make much difference.

Jam Setting

Jams and marmalades must be cooked long enough for the fruit to soften, but not too long that it burns or sticks. This will affect the taste. Marmalade takes longer to cook and needs more sugar to overcome the bitter taste of the rind.

To test if jam or marmalade will set, use a saucer that has been chilled in the fridge and place a teaspoon of the mix on it. If a skin forms on the surface after a minute or so, or the jam 'moves slowly' when the saucer is tipped, then it’s ready to bottle.

When all else fails, commercial jam setta can be purchased from the supermarket. Remove the jam from the heat, sprinkle in the setta a bit at a time and return to the heat. Repeat the test, increasing the jam setta until the desired result is achieved. It’s helpful to have jam setta on hand in advance!

Jam setta must be declared in the ingredients list.
Roasted Tomato Relish

Ingredients

4 kg tomatoes, halved
4 onions, chopped
4 small red chillies, seeded and chopped
2 tsp smoked paprika
700 ml white wine vinegar
700g sugar
120ml lemon juice
2 tsp lemon zest
2 tsp salt

Method

Preheat oven to 150 degrees Celsius and cook the tomatoes, cut side up, for one hour. Sprinkle the chopped onions over the top and cook for a further one hour.

Cool slightly, remove the skins and roughly chop. Place all ingredients into the pan and stir until sugar has dissolved.

Bring to the boil, reduce heat and simmer for 45 minutes or until the relish is thick and pulpy. Pour into sterilised jars and seal.
Dried Apricot Jam

Ingredients

1kg dried apricots
2 cinnamon sticks
3 cloves
6 cardamom pods
1 1/4 kg caster sugar
60ml (1/4 cup) lemon juice

Method

Place apricots in a large bowl, cover with 2 litres of water and soak overnight. Place spices in a piece of muslin and tie securely with some kitchen string. Place apricots and soaking liquid in a large pan with spices, bring to the boil, then reduce heat to low and simmer for 15 minutes. Add sugar and lemon juice, and return mixture to a slow boil. When scum forms on the surface, remove with a slotted spoon. After 25 minutes, test to see if it has reached a set - place a spoonful onto a chilled plate and push mixture with your finger. If it wrinkles and a skin forms, then it’s ready; if not, wash plate and return to freezer. Cook jam 10 minutes, then test again. Continue until jam reaches a set. Remove the spice bag and pour jam into sterilised jars and seal.

Makes approximately 4 cups
**Chilli Jam**

**Ingredients**

- 1.5kg Roma tomatoes, halved lengthways
- ½ cup (125ml) red wine vinegar
- 1 tbsp yellow mustard seeds
- 8 cm piece ginger, finely chopped
- 7 garlic cloves, finely chopped
- 5 long red chillies
- 1 tbsp olive oil
- 140g caster sugar
- 1/3 cup fish sauce

**Method**

Preheat oven to 160 degrees Celsius. Line two baking trays with baking paper. Place tomatoes on trays, cut-side up, then roast for 1 hour 20 minutes until softened.

Place vinegar, mustard seeds, ginger, garlic and chilli in a blender and puree until you have a rough paste.

Heat the oil in a saucepan over medium heat.

Add chilli mixture and cook, stirring, for 2 minutes or until fragrant.

Add the sugar, fish sauce and tomato, reduce heat to low and cook for 1 hour 15 minutes, stirring occasionally and squashing the tomatoes with the back of your spoon, until reduced and thickened.

(You’ll need to stir frequently towards the end to prevent catching.)

Cool, then pour the chilli jam into sterilised jars.
St Leonard's College Tomato Relish

Ingredients

5.5 kgs tomatoes
1.8 kgs onions
1.8 kgs sugar
4 level tablespoons curry powder
6 level tablespoons dry mustard
1 teaspoon cayenne
2 handfuls salt
400mls white wine vinegar
(use up to 800mls, but it will take longer to reduce)
Approx 12 jars
Cellophane covers and rubber bands

Method

Prepare tomatoes and onions the night before cooking (Important to reduce water content):
Skinning the tomatoes produces a nicer relish, but it is not essential if you haven't the time or inclination.
To skin the tomatoes cut a cross in the skin at the top and blanch them in boiling water. The skin should peel off relatively easily.
Cut tomatoes into small pieces and place in a large bowl.
Slice onions and put into a separate bowl.
Sprinkle each bowl with the salt and let stand overnight.

Before cooking, pour off liquid. (It's surprising how much liquid separates out).
Prepare jars in advance as per sterilizing instructions.
Put tomatoes and onions into a heavy based pan, add sugar and vinegar.
Put on stove and boil for 5 minutes.
Mix curry, mustard & cayenne pepper to a paste with a little vinegar and add it to the brew.
Boil for 1, 2, 3... hours until the consistency is no longer runny. Keep watch over the brew, stirring regularly. Make sure it doesn't stick and burn as this will affect the taste.

Pour into warm sterile jars and seal with cellophane to create an airtight seal. Use rubber bands to secure.

Note: Vinegar acts as a preservative, (as well as the sugar), so the quantity shouldn't be reduced from the recommended 400mls. The original recipe used 800mls, but it was very runny and took hours to reduce.
If you have the time and patience, and want a 'tangy' relish, then use up to 800mls of vinegar.

Tip: This recipe cannot be rushed so ensure you have plenty of time available to watch over it.
Tomato Kasundi

Ingredients

50 g fresh ginger, peeled
50 g garlic cloves, peeled
2 green chillies, split and deseeded
1 large onion, peeled and roughly chopped
½ cup vegetable oil
1 Tbs black mustard seeds
2 sprigs of curry leaves
1 Tbs turmeric
2 Tbs ground cumin
1 Tbs paprika or 1 tsp chilli powder, or a combination of both
1 Tbs mustard powder
½ cup brown malt vinegar
1.5 kilos Roma tomatoes washed and roughly chopped
1 cup sugar
1 ½ Tbs salt

Method

Blend the ginger, garlic, chillies and onion to a paste in a blender.

Heat a large pot, add half the oil and all the mustard seeds and fry until they pop. Add curry leaves and stir as you add them as they will splutter. Add the remaining spices and garlic/chilli paste, cook another minute until fragrant.

Add the remaining ingredients and bring to a boil. Reduce heat and simmer, stirring occasionally for about one hour or until thick and jammy.

Spoon kasundi into sterilised jars, top with some of the remaining oil. Cap and store in refrigerator – improves with age.
Strawberry Jam (or other berries)

Ingredients

1.5 kg strawberries (6 punnets) or other berries (frozen berries can be used)
1.5 kg sugar (warmed)
¼ cup water
4 tbsp lemon juice
50g jam setta (High chance this will be needed as berry jam is the most difficult to set)

Method

Wash, drain and hull strawberries.
Place in large pan with water and lemon juice. Cook gently, uncovered, until fruit is soft.
Add warmed sugar and heat gently until dissolved, stirring constantly.
Bring to boil and boil vigorously for 5 mins, stirring occasionally.
Remove from heat and test to see if set. (Instructions on first page)
Add 25g jam setta if necessary by sprinkling over brew, re-heating and stirring until dissolved. Ensure there are no lumps. (Test again and progressively add jam setta until required consistency is achieved)
When ready, allow to stand 5 mins.
Skim scum from surface with a metal slotted spoon, if necessary.
Pour into warm, dry, sterilised jars and seal immediately.

Tip: Apples can be used to ‘fill out’ berry jam to increase the volume. Cook peeled, sliced apples until just soft, then mash before adding berries.

Tip: A tbsp of Cointreau or Grand Marnier can be added to strawberry jam to bring out the flavour even more. Add at the end of cooking.
Four Berry Jam

Ingredients

500g strawberries (about two punnets)
250g blueberries
200g blackberries
200g raspberries
Juice of one lemon
1 cup of sugar per cup of berries (4 - 5 cups)

Method

Wash and stem strawberries, cut larger ones up then crush a few in the bottom of pan, toss in remainder, and add half the sugar.

Heat slowly over a slow heat to release juices, stirring carefully.

Wash berries if fresh and when strawberries have come to the boil and simmered for 5 minutes, add the other berries, lemon juice and rest of sugar.

Return to boil, stirring until sugar dissolves, and cook for 10 minutes.

Scoop out most of the berries with a slotted spoon, continuing to reduce the juices for about 10 - 15 minutes or until set.

Spoon into hot sterilised jars, wipe rims clean, put on lids.

When cool, label and date and store in a cool, dry place.
Apricot Conserve

Ingredients

1.5 kg apricots (or peaches)
1.5 kg sugar (warmed)
½ cup water
1 tbsp lemon juice
50g jam seta (in case it’s needed)

Method

Wash, remove stalks, cut in half and discard stone.
Place in large pan with water and half the sugar. Bring to boil and simmer gently for 15 mins or until fruit is soft.
Add lemon juice, then remaining sugar and heat gently until dissolved, stirring constantly.
Bring to boil and boil vigorously for 5-10 mins, stirring occasionally.
Remove from heat and test to see if set. (Instructions on first page)
Add 25g jam seta if necessary by sprinkling over brew, heating again and stirring until dissolved. Ensure there are no lumps. (Test again and progressively add jam seta until required consistency is achieved)
When ready, allow to stand 5 mins.
Skim scum from surface with a metal slotted spoon, if necessary.
Pour into warm, dry, sterilised jars and seal immediately.
Fig Jam

Ingredients

2 kg ripe figs
1 kg sugar
¾ cup orange juice
¼ cup lemon juice
2 tbsp sweet sherry
50 g jam setta (optional)

Method

Wash and dry figs, discard stems. Chop finely.
Place in large pan with orange and lemon juice and sherry. Cook until soft.
Stir in sugar and heat gently until dissolved.
Boil for 5 mins,
Remove from heat and test to see if set. (Instructions on first page)
Add 25g jam setta if necessary by sprinkling over brew, re-heating and stirring until dissolved. Ensure there are no lumps. (Test again and progressively add jam setta until required consistency is achieved)
When ready, allow to stand 5 mins.
Pour into warm, dry, sterilised jars and seal immediately

Fig & Ginger Jam

Ingredients

3 1/2 kg figs
3 kg sugar
250 g preserved ginger
4 cups water
Juice and rind of 2 lemons

Method

Wipe the figs and cut off the ends, cut into small pieces.
Cover with half the sugar and allow to stand overnight.
Next morning peel the lemons like an apple and cut rind up into small strips, squeeze the juice out and cut ginger finely.
Add rest of sugar, water, ginger, lemon juice and rind to figs and boil for two hours.
Pour into warm, dry, sterilised jars and seal immediately.
Fig & Balsamic Jam

Ingredients

450g dried mission figs (or other dried figs), roughly chopped
1 cup Demerara sugar (or cane sugar)
1/2 cup balsamic vinegar
1/2 cup water
1 tbsp lemon juice

Method

Place the figs, sugar, balsamic and water in a medium size saucepan over medium heat. Once it comes to a bubbling simmer, reduce the heat to low, cover and cook for 20 minutes, or until the figs have absorbed most of the cooking liquid.

Remove from heat and carefully use a blender or food processor to puree the jam, breaking up any large pieces of dried figs.

Stir in the lemon juice and let cool completely to room temperature. Store in an airtight container in the fridge for up to 1 month.

Makes about 2 cups of jam