

JANUARY 2018

Citrus fruits are abundant, and of good quality at this time of year. Although not local they are seasonal produce in Spain and North Africa and are more environmentally transported to the UK by ship. Rich in vitamin C they are a necessary part of our winter diet. The peel is normally thrown away but can be used to make marmalade, candied or dried to make a tea or as a fire lighter!

Orange and Lemon Peel Marmalade

3 juicing orange shells or the peel from 2 large oranges

2 lemon shells after juicing

1kg granulated sugar + 1 sachet pectin.

Soak the fruit overnight in 1.1 litres of cold water

Boil the fruit in a covered pan until very soft approx. 1-2 hrs.
Reserve the liquid.

Leave to cool and chop the fruit finely.

Measure the liquid and add more water, if necessary, to make 900ml.

Mix the pectin with the sugar.

Add to the fruit and liquid in a large pan and heat gently stirring until the sugar has dissolved. Turn up the heat and boil rapidly, without stirring, until setting point is reached.

To test for setting:

Put a teaspoon of the liquid on a very cold saucer. Leave 30secs. Push with a finger.

If the liquid surface wrinkles then setting point has been reached

Take off the heat and leave to stand for 15mins.

Pour into clean warm jars.

Cover and label when cold.

Written by Mary Bradford