

Apricot jam



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Preparation 30 mins | Cooking 1 hour 10 mins | Makes about 8 cups

2 kg ripe apricots

1 lemon

1¼ cups water

2 kg sugar

STEP 1 Wash apricots, quarter and remove stones. Use a vegetable peeler, remove rind from lemon then squeeze juice into a bowl. Wrap the lemon rind and seeds in a piece of muslin or thin cotton cloth and tie with kitchen string.

STEP 2 Place apricots, lemon juice, water and muslin bag into a large saucepan. Bring to the boil over medium heat and cook, stirring often, for 12-15 minutes until apricots are very soft.

STEP 3 Add sugar and cook, stirring constantly and occasionally brushing down the sides of the pan with a pastry brush dipped in water, over low heat for and bring to the boil then simmer rapidly for about 40-45 minutes until jam is at setting point*. Ladle hot jam into hot sterilised jars and seal immediately. Set aside to cool.

***How to test when jam is at setting point** – toward the end of cooking when jam has thickened, place a small plate in the freezer for 5 minutes. Spoon a teaspoon of the hot jam onto the saucer and freeze for 2 minutes. Gently touch the jam and if it wrinkles and feels jelly-like, it's ready. If not, continue cooking and re-test every minute until set.

Good for you... APRICOTS

A good source of dietary fibre, which is important to keep the intestine healthy. The deeper the colour of an apricot, the higher its content of beta carotene (which the body converts to vitamin A). Vitamin A helps protect against infection and has an important role in eye health.

