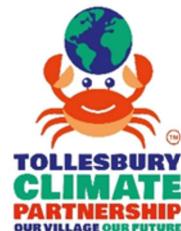


MARMALADE



Preparation for this recipe will take about 30 minutes, and cooking time is approx 2.5 - 3 hours. The best thing to do for marmalade is to have a 'Marmalade Day' and not to rush it – the house will smell wonderfully of warm oranges and the whole family can get involved – just like in the Paddington film!



The ingredients for the recipe can all be found at Paul and Emma's veg van (fruit), and Fred's or Morrisons (sugar). These amounts will make approx 4.5 kg (10 lb) of marmalade.

Ingredients

1.4 kg (3 lb) Seville oranges

3.4 litres (6 pints) water

2 lemons

2.7 kg (6 lb) granulated sugar

Method

Halve the fruit and squeeze out the juice and pips. Tie any membrane that comes away and all the pips in a piece of muslin or cotton. This is important as they contain pectin, which helps to set the marmalade. Slice the peel into thin or thick strips, depending on your preference - this can be done with a shredder attachment on a food processor. Put all the juice, peel and bag of pips with the water in a large, heavy-based pan and simmer for around 2 hours until the peel is very soft and the water level reduced by around half. Remove the muslin bag, and carefully squeeze it well (use a spoon to press it against the side of the pan), saving all the juice in the pan.

Add the sugar and stir until it dissolves, then put the pan back on the heat and boil rapidly for around 15-20 minutes until setting point is reached. This is best done using a cooking thermometer, but don't worry if you don't have one – after 15 minutes take the pan off the heat, put a teaspoon of the liquid on a saucer and leave to cool in the fridge for 5 minutes. At the end of this time, run your finger through the mix – if it wrinkles then your marmalade is at setting point. If it doesn't wrinkle, boil for another 5 minutes and repeat the process.

Remove from the heat. If you have scum on the top, melt a knob of butter or coconut oil in the pan to disperse it. Leave the pan to cool for about 15 minutes, then stir it all.

While you are boiling the marmalade, prepare some clean jam jars by warming them in the oven at 120 degrees C – if you pour the mix into cold jars they could break. Then pour the marmalade into the warm jars and pot and cover and label the jars.

Variations: For dark marmalade, simmer for a longer time until the colour of the peel darkens, then add the sugar and continue. For whisky marmalade, add 150 ml whisky into the mix before potting it.