



Week Eight



ALL THINGS MARMALADE

Marmalade is technically a jam, but traditionally made with citrus fruits as the main flavour base ingredient, and as winter is citrus fruit season, now is a good time to make it.

Your Basic Marmalade Recipe

- 1 kg citrus fruit (eg grapefruit, Seville oranges, lemons)
- 2 litres water
- 3 kg sugar.

Method

VERY FINELY SLICE (or chop) the fruit. Soak overnight in the water. Next day boil the fruit and water for about 1 hour or until the peel is soft, add sugar slowly stirring to dissolve the sugar, then boil until setting point is reached when a small amount is tested on a cold saucer—start testing after 30 minutes boiling but could take up to 1 hour.

Hints

1. Peel MUST be soaked to soften, then cooked before adding any sugar, as once sugar is added, the peel stops cooking. Hard uncooked peel is awful and spoils your marmalade. I much prefer finely sliced not chopped peel, but as long as your peel is soaked and cooked well, it is a matter of personal choice.
2. Any citrus fruit or combination of fruit can be used. Once you are happy with your base of citrus, don't be afraid to experiment with your flavours. Try adding half to one finely chopped chilli to grapefruit marmalade, or mandarin and carrot. BUT your secondary flavours must not overpower the base citrus marmalade flavour.
3. If making your marmalade from limes, the rind needs longer soaking to soften than other citrus.
4. To test for setting point— a) put a couple of spoonfuls on a chilled saucer, place in the fridge for a few minutes, then if you can pull a knife through and leave a trail, setting point has been reached.
OR b) if you place a little of the marmalade on a chilled saucer, leave for about 30 seconds, then when you run your finger over it “wrinkles”, setting point has been reached. Now to use your marmalade (See the next page for some ideas)



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Steamed Orange Pudding (from the CWA Rooster cookbook)

2 eggs - their weight in softened butter, caster sugar, and self raising flour.

Juice and rind of 1 orange.

Cream butter and sugar well, add eggs one at a time, beat well. Then add the sifted self raising flour and lastly the rind and juice of 1 orange. Place in a greased pudding basin and steam for 1 hour to 1 ½ hours. Serve with warmed marmalade and custard. OR place some marmalade in the bottom of the steamer basin before pouring in the pudding mixture to make a steamed upside down marmalade pudding.

Lamb Ribs with a Marmalade glaze

Mix together:

¼ cup marmalade,

2 tbsp soy sauce,

2 cloves garlic crushed, and

2 tbsp sweet chilli sauce

Marinate lamb ribs in the marinade for 3 hours in the refrigerator. Place the ribs in a baking dish and bake in a moderate oven for 1 hour basting with the marinade frequently.

If you have a little left over marmalade in the bottom of the jar, add it to a casserole to give a flavour zing.

Add 1 tbsp to a fruit cake or sultana cake mixture for extra flavour.

Mix marmalade with a little soy sauce and brush over a Christmas leg of ham before baking.