



RECIPE

Jaboticaba Jelly

This recipe is for Jaboticaba Jelly (Jam). Technically it's not a jam as jam's typically have chunks of fruit.

Bucket full of Jaboticabas
Sugar
Limes
Jam Setter (optional)

Instructions

Pick all the jaboticabas from the trees. Wash the fruits, and then put them in a large pot and just cover with water. Bring to the boil and simmer for at least half an hour to an hour. Make sure the water doesn't evaporate and the fruit doesn't stick to the pan. Add more water if you need to, during the process.

When the fruit begins to soften, use a potato masher to squash the fruit. this will encourage the rich colouring from the skin to colour the jam. Continue to softly boil the fruit until the flesh, skin and seeds are well separated.

Push the mix through a strainer. You could use the back of a soup ladle to push the pulp through. Discard the seeds and skin in the compost.

Measure the juice you have recovered. Then place this juice into a jam pan (saucepan), and add one cup of sugar for every cup of juice. Add the juice of a few limes/lemons, and re-boil until the sugar has dissolved and the jam sets. Test the jam by placing a drop on a cold plate and when it wrinkles, the jam is cooked. If it doesn't wrinkle, you may need to add jam setter.

Pour liquid into hot sterilised jars and put the lids on as soon as you can.