

# Family Recipes



## Marmalade

The basic recipe uses Seville Oranges which have a limited season but other fruits can be used to provide different flavours according to availability. Three recipes are shown here and the method is shown below. An old family recipe and method can be found on page 4.

### SEVILLE ORANGE

Seville oranges, 2.2lb (1kg)  
Lemons, Juice from two  
Water, 4 pints (2.25 litres)  
Sugar 4lb (1.8kg)  
Cook for 1.5 - 1.75 hours.

### THREE FRUIT

A combination of roughly:

Oranges, normal sweet eating variety x2  
Grapefruit, x2  
Lemons, x3, to make a weight of about 2.5lb (1.25kg)  
Water, 4.5 – 5 pints (2.5 litres)  
Sugar, 5lb (2.25kg)  
Cook for 1.5 hours.



## **FOUR FRUIT**

Almost any combination of fruits could be used, and you might like to experiment, but the following is quite successful.

Oranges, normal sweet eating variety x2

Grapefruit, x1

Lemons, x2

Cooking Apples x2, again to make a weight of about 2.5lb (1.25kg)

Water,

Sugar, 4.5lb (2kg)

Cook for 1.5 hours

## **Method.**

While similar to making jam longer cooking is required to soften the citrus fruit peel.

Thoroughly wash and rinse the fruit and if it has a wax coating it may be necessary to use a detergent.

Cut the citrus fruits into halves or quarters and squeeze the juice out into a jam pot or high sided cooking pot. Remove any pips and place in a muslin bag. The pips are rich in pectin which will be released during cooking. At this stage there are two alternatives if you wish to make a clearer marmalade then remove the peel from the fruit pulp and place the pulp in the muslin bag with the pips and slice the peel to the desired thickness but the thinner it is sliced the sooner pectin will be released. You can either slice the peel by hand or in a processor. The alternative is to slice the peel and pulp together either by hand or in a processor and place in the cooking pot with the juice and the muslin bag suspended from the side. With any other fruits like apples wash, core, peel, slice and add to the cooking pot.

Add the water. For a good set acid is required which is normally provided by the juice from lemons in the recipe but if no lemons or juice are used then a tablespoon of tartaric or citric acid should be added for each 2.2lb (1kg) of fruit.

Cook at a gentle simmer, as per recipe to soften the peel, this may be 1.5 hours or more as it is most important to soften the peel before adding sugar. Test the peel to ensure softness before proceeding.

The liquid may have been reduced by as much as half by now. Remove the muslin bag, squeeze out any liquid into the pot and discard the residue. Add the sugar and stir over a gentle heat until dissolved. The final boiling should then be done at a full rolling boil until the setting point is reached which might take some 15 – 25 minutes. Test for setting.

Remove any scum as soon as the setting point is reached as if left it will settle on the peel and get extremely difficult to remove. A teaspoon of butter or small quantity of oil dropped on the surface while boiling should reduce the amount of scum produced. Then leave the marmalade to cool undisturbed until a skin starts to form at this stage stir gently to re-distribute the peel but be careful not to allow air bubbles to form.

Pour the marmalade into warmed jars and fill close to the top then either place lids on the jars and tighten at this time or leave covered with a clean towel or similar, to absorb moisture, until they are quite cold before fitting the lids.

Label jars and use or store.

### **The family recipe below.**

This is probably another recipe and method from Aunt Alice and as you can see it uses Seville Oranges with a quite prolonged method. In some of her recipes Mrs Beeton also leaves the fruit to soak overnight while in others she uses a slow simmer.

## Marmalade

12 sweet oranges, 3 lemons,  
& lbs Loaf sugar, 4 quarts cold water  
slice thinly the oranges, taking out  
the pips & squeezing the juice out first  
soak the fruits in water for 24 hrs  
but not the juice of the lemon

Boil next day for  $1\frac{1}{2}$  hrs then leave  
it for 12 hrs.

Boil next day with sugar another  
 $1\frac{1}{2}$  hrs stirring out well. add juice  
of lemon  $\frac{1}{2}$  an hour before finished

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