



JERNEJ KITCHEN

ROWAN BERRY JELLY

Rowan berries make a delicious preserve, worth making.

MAKES 6 JARS (500ML)
PREPARATION: 100 MINUTES

ROWAN BERRY JELLY

2 kg rowan berries, fresh

3 apples

750 g sugar for each liter of juice

TOOLS AND EQUIPEMENT

pot

colander

cheese cloth

6 jars (500ml)

ROWAN BERRIES JELLY

It is important that you freeze the rowan berries for about 12 hours before using them. Pick the berries from the stalks and wash them under the running water, drain well. Cut the apples into quarters. Put the rowan berries and apples in a large pot. Barely cover the berries with cold water.

Set the pot over high heat and bring to the boil, then lower the heat and simmer for 40 minutes or until the fruit becomes soft. Strain through a large sieve lined with cheesecloth for at least 4 hours or overnight.

TIP

It is very important not to press down the fruit, this way you will get a pure, clean liquid, jelly.

Measure the liquid, that was strained and pour it into a clean, large pot. For every liter (1000 ml) of liquid add 750 g / 1.7 lbs sugar. Set a pot over a medium high heat and simmer for 20 minutes or until the sugar completely dissolves. Boil for 5 minutes or until liquid reaches a setting point.

TIP

For clearer jelly you need to remove any scum from the top. Test for the setting point by placing a small amount of jelly onto a small, cold plate. If it sets and wrinkles it's okay.

STORAGE

Place the jars in a boiling pot of water. When the water comes back to a boil, set the timer for 5 minutes and remove the jars immediately. Pour the rowan berry jelly to the sterilised jars, make sure the lids pop down and store. Serve with toast and butter. It also goes extremely well with game and lamb.