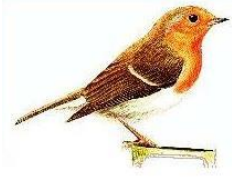


BRIDPORT and DISTRICT ALLOTMENTS SOCIETY

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GOOSEBERRY JAM (makes 5-6 x 340gm jars)

INGREDIENTS

- 1 kg young gooseberries
- Around eight heads of elderflower
- 1 kg granulated sugar

METHOD

Top and tail the gooseberries (it's easiest to just do this with a pair of scissors), and put into a preserving pan with 500 ml of water.

Check the elderflower heads for any insects, then place on top of the gooseberries. Cook gently until the berries are soft but still hold their shape. Remove the elderflowers.

Add the sugar. Stir carefully, so as not to break up the fruit, until the sugar has dissolved then bring to a full rolling boil and boil for 9–10 minutes.

Test for a setting point.

Remove from the heat and allow to rest for 10 minutes, then pot and seal. Use within 12 months.

VARIATIONS

Use this recipe for later season gooseberries, without the elderflowers. The fruit will be sweeter and the jam will have a soft pink colour.

Use to make a quick and easy piquant gooseberry sauce to go with mackerel; add a little cider or balsamic vinegar to warmed gooseberry jam (with or without elderflower). Let the flavours mix and mingle before spooning over the barbecued or grilled fish.