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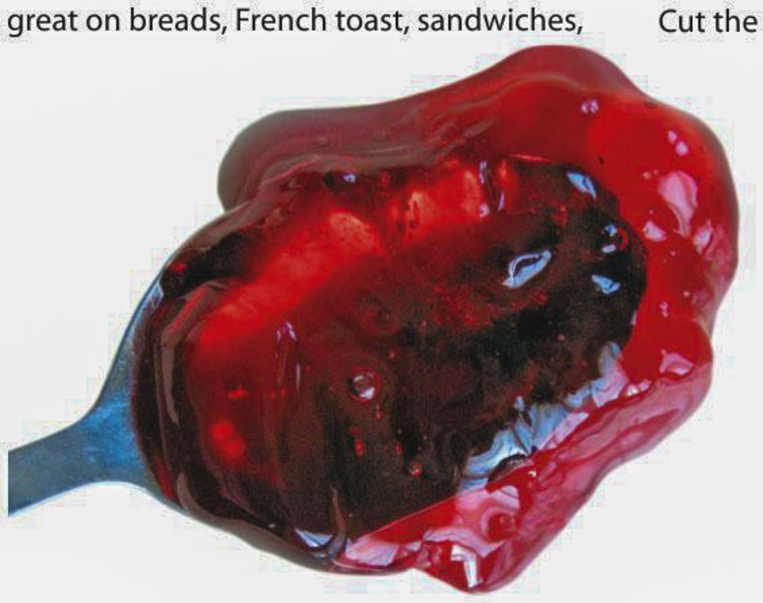
drips from the spoon in jointed drops. Let stand for half an hour and pour in to jars. Cover and seal.

PINEAPPLE JAM

Pineapple jam is a nutritious spread on various foods. The sumptuous jam imparts a wonderful flavour to varied number of dishes. It is the perfect sweet spread to rejuvenate your drowsy mornings or your strenuous afternoons. Pineapple jam is great on breads, French toast, sandwiches, cookies and tarts.



Ingredients:

1 pineapple
1 cup water
2 cups sugar
Juice of 2 lemons

Method:

Peel the pineapple and grate the flesh. Put the pineapple and water in a small pan and cook over medium low heat until the pineapple is soft, about 30 minutes. Now add the sugar and lime juice and stir to combine. Cook until the mixture has thickened, about 30 to 35 minutes. Pour the jam into a jar with a tight-fitting lid. Store it in the refrigerator for up to 3 months.

ORANGE MARMALADE

Ingredients:

4 large oranges
2 lemons
8 cup sugar

Method:

Cut the oranges and lemons in half, crosswise; then into very thin half-moon slices. Discard any seeds. Place the sliced fruit and their juices into a pan. Add 8 cups water and bring the mixture to a boil, stirring often. Remove from the heat and stir in the sugar until it dissolves. Cover and allow to stand overnight at room temperature.

The next day, bring the mixture back to a boil. Reduce the heat to low and simmer uncovered for about 2 hours. Turn the heat up to medium and boil gently. Stirring often, for another 30 minutes. Skim off any foam that forms on the top. Cook until the mixture is thick. Remove the pan. Pour the marmalade into clean jar and seal with the lid. Store in pantry for up to a year.

STRAWBERRY PRESERVE

Nowadays, strawberries are easily available in super shops at reasonable prices. They have a very distinct flavour and are a favourite of every child. Canned strawberries can be used as well or you could just go for any other fleshy fruit.

Ingredients:

1 kg strawberries
1½ tbsp lemon juice
1 cup sugar

Method:

Put strawberries and lemon juice in a large pan. Cook and stirring occasionally, over low heat until juices are released, about 40 minutes. Add sugar and stir. Bring to a boil over medium heat. Cook, stirring occasionally, until mixture registers 210 degrees, on a candy thermometer, about 15 minutes. Let cool completely. Skim foam from surface with a spoon. Preserves can be refrigerated in an airtight container, up to 2 months.

A candy thermometer, also known as sugar thermometer is a thermometer used to measure temperature and therefore the stage of cooking sugar solution. These thermometers can also be used to measure hot oil for deep frying.

APPLE BUTTER

Ingredients:

½ kg apple, ½ cup water
1 cup sugar, ¼ tsp cinnamon
¼ tsp ginger
¼ tsp nutmeg
1/8 tsp cloves

Method:

Wash and cut the apples. In a medium saucepan, combine apples and water. Bring to a boil, reduce heat to very low and simmer until apples look like applesauce.

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