



today's main ingredient

A  LOCAL FOOD PODCAST



Apple Jelly

INGREDIENTS

3 pounds apples
1 lemon
Sugar

STEP 1 – Scrub apples and discard stems. Cut apples into quarters and put in a pan with just enough water to cover. Add the juice of one lemon for every 3 pounds of apples.

STEP 2 – Simmer until tender, then strain and measure amount of the juice. Bring this liquid to a boil then add 1 pound of sugar for each 1 pint of juice

STEP 3 – Boil, skimming off any scum that arises, until the jell point (see note) is reached (about 220°F).

STEP 4 – Seal hot jelly in sterilized jars. Keep in the refrigerator or process in a hot water bath.

*At the **jell point** the jelly will fall from a spatula in a “sheet” of drips, or alternatively take the pan from the heat, pour a few drops on a cold saucer and wait a moment to see if the drops begin to set; push with your finger—if jell point has been reached, the surface of the drops will wrinkle.*