



Gooseberry and Chamomile Jam

Suggested by Zainab



You will need

- ½kg gooseberries washed
- 100ml lemon juice (about 3 lemons)
- 3 tbsp dried chamomile flowers (taken from 3 tea bags)
- 1kg white granulated sugar

Method

Put a few small saucers in the freezer. Top and tail the gooseberries and tip into a preserving pan or large pan with the lemon juice.

Measure 250ml boiling water and infuse the chamomile flowers in it for 5 mins to make a tea. Strain, then mix in with the gooseberries and soften over a medium heat, stirring so it doesn't stick, for about 10 mins.

Sterilise the jars by washing in hot soapy water, rinsing thoroughly. Drip-dry upside-down, then put in a warm oven at 120C/100C fan/gas 1 ½ for at least 20 mins.

Bring the gooseberry mixture to the boil, then add the sugar, stirring constantly until dissolved. Bring it back to a rapid boil, stirring intermittently so it doesn't burn on the bottom of the pan, for 20–25 mins.

Start testing whether your jam has set 15–20 mins into the rapid boil. Remove the pan from the heat. To test, take a saucer from the freezer, put 1 tsp of jam on it, then put it in the fridge for 1 min. Then push the jam with your finger – if the surface wrinkles, the jam is ready. If not, repeat the process until a desired surface has formed, trying not to overcook the jam.

Once ready, remove from the heat, skim off any scum and ladle into the warm, dry sterilised jars. Seal immediately while the jam is hot. Will keep sealed for up to 1 year. Once opened, keep in the fridge and eat within 3 months.

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