



MINT JELLY

My mint grows like crazy in the garden and it looks like I'm in for a bumper crop of apples. Let's combine the two with this easy to make tasty mint jelly recipe. Fantastic with lamb, or peas.

This makes about 3 jars, but you can scale up the quantities if you have lots of mint, apples and a jelly pan. You can use eating apples, but will need to reduce the amount of sugar.

Ingredients

500g cooking apples
140mls water
280mls white vinegar
sugar
fresh garden mint

Method

1. Chop the apples whole with stems and cores.
2. Put the chopped apples, water and vinegar in a large pan and gradually bring to a boil, stirring frequently until the apples have broken down to a soft pulp
3. Rub the pulp through a sieve and weigh.
4. Add an equal weight of sugar to the pulp, bring back to a boil then simmer for 30 minutes.
5. Remove any scum that has formed.
6. Add 2 heaped tablespoon of chopped mint and simmer for another 5 minutes.
7. You can do a 'cold plate crinkle test' as for jam, and simmer longer if required, however this is a light jelly, so doesn't need too much 'crinkle'.
8. Pour into warm sterilised jars and store in a dark place, where it will keep for years, improving all the time!