



Rowan jelly



Reconnecting People With Food From Nature



Rowan Jelly

The red berries of the rowan provide a great splash of colour in the early autumn. The red berries of the rowan make a superb tangy jelly, which goes well with meat and game. Pick only the berries that you'll use, leaving plenty behind for the birds who also enjoy them!

INGREDIENTS

You will need:

- 1kg rowan berries, taken off their stems and washed
- granulated sugar
- water

Some recipes add 750g of sliced cooking apples or crab apples to the simmering berries.

METHOD

The key to this is to get the proportions of sugar to liquid right, to ensure that it sets but is not overly sweet.

- Put the rowan berries (and apples if used) in a pan and cover with water. Cook gently for 40 minutes. The water will be red and the fruit very soft. Strain the fruit through a fine sieve or jelly bag reserving the liquid. Do not be tempted

to squash the fruit it will result in a cloudy jelly.

- Measure the liquid, and put it in to a clean pan. For every 550mls of liquid add 450g sugar. Bring to the boil, stirring to dissolve the sugar. Boil until it reaches setting point and pour into sterilized jars.
- Put lids on the jars as soon as soon as they are cool enough to handle.

Connect with us to find further recipes, events and more:

www.scotlandsnaturallarder.org

f 'Scotland's Natural Larder'

🐦 @scotsnatlarder

