

OLDE ENGLISH FRUIT MARMALADES

F EASY

Last Modified: 02/14/2016

PREP: 13+ Hrs
COOK: 3 Hrs
CANNER

CANNING

MAKES 6 PINTS

QUA	MEASURE	INGREDIENT	PROCESS
4	Cups	Cold Well Water (NO City Chemicals)	
OR			
4	Cups	Cold Bottled or Filtered Water (NO City Chemicals)	
1/4	Cup	Liquor (See Options Below)	
1	Stick	Whole Cinnamon Bark	

ORANGE MARMALADE

3	Pounds	Seville Oranges (Seeded & Thin Skinned)	
2	Whole	Fresh Lemons (Seeded & Thin Skinned)	
6	Cups	Granulated Sugar	

LEMON MARMALADE

3	Pounds	Lemons (Seeded & Thin Skinned)	
2	Whole	Oranges (Seeded & Thin Skinned)	
6 1/2 +	Cups	Granulated Sugar	

LIME MARMALADE

3	Pounds	Limes (Seeded)	
2	Whole	Oranges (Seeded & Thin Skinned)	
6 1/2 +	Cups	Granulated Sugar	

GRAPEFRUIT MARMALADE

3	Pounds	Pink or White Grapefruit (Seeded & Thin Skinned)	
2	Whole	Oranges (Seeded & Thin Skinned)	
6 1/2 +	Cups	Granulated Sugar	

LIQUOR OPTIONS

1/4	Cup	Cognac (Courvoisier VS)	
OR			
1/4	Cup	Brandy (E&J VSOP Reserve)	
OR			
1/4	Cup	Dark Rum (Bacardi Black)	

PREPARATION

FACTOID	This is deliciously tart and still sweet. Nicely spreadable if cooked to the CORRECT final temperature. Choosing thinner pith layer Fruits will make the Marmalade less bitter.
TOOLS	<ol style="list-style-type: none"> 1) Mandolin Slicer 2) Large Stainless Stock Pot & Lid 3) Hot Water Bath Canning Kit 4) 6 Pint Canning Jars, Lids & Rings 5) Candy Thermometer
HINTS	Choose Fruits that have PERFECT skins - No bumps, bruises, scars or soft spots.

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NOTE	While the intention here is that we are making an English style Orange Marmalade here, this process works equally well for making a Lemon Marmalade, White Grapefruit, Pink Grapefruit, Tangerine, Blood Orange, Lime, Key Lime, Cuban Sour Orange, or any other Citrus Fruits you may find in season. Experiment.....
FACTOID	Seville Oranges are naturally quite sour & usually not available in the USA until January. The most recent Christmas Gift batch I made used Florida Naval Oranges which are seedless - A BUNCH easier since there are no Seeds to remove. - Naval Oranges also made for a bit sweeter Marmalade. Use more Lemons if you WANT sour.
HINTS	REMEMBER: The thicker the white pith is beneath the colored outer skin (zest) of the chosen Fruit (difficult with Grapefruits), the more bitter tasting the flavor of the Marmalade. Adjust the Sugar up slightly to make up for any of those thick white pith skinned Fruits that you find impossible to avoid.
HINTS	EZ CANNING JAR STERILIZATION: Wash the jars, bottoms up on the pots & pans cycle with heated dry in your dishwasher using your soap of choice. Preheat the oven to 225 degrees. Place the jars right side up on a sheet pan and bake for 15 minutes. Turn off the oven and leave the jars inside until you need them.
CAUTION	Heating this to and maintaining it at 220 degrees is DIFFICULT unless you have a very large burner on your stove. In order to get it to set up properly, you may have to resort to using a bit of Fruit Pectin (Low Sugar) along with a bit of Lemon juice.
HINTS	If using a Liquor as a flavoring, reduce the amount of water by the amount of Liquor that you choose to use. Discard the Cinnamon Stick just prior to canning.
1	The Day Before: Add the Water and Liquor (If using) into a stainless steel stock pot. Cut the Oranges and Lemons in half pole-to-pole, cut off the ends. Cut each half into very thin half-moon slices (1/8" thick). (If you have a mandolin, this will be quite fast.) Discarding any Seeds you find and the end pieces as you go. Place the sliced Fruit and their juices into the pot and bring the mixture to a boil over medium heat, stirring VERY often. Remove from the heat and stir in the Sugar until it completely dissolves. Cover and allow it to stand overnight at room temperature. Search for any missed Seeds as you stir.
HINTS	Not to worry - as the Fruit comes up to a boil, the liquid available will increase until the Fruit is completely submerged - Enough liquid to dissolve the Sugar in.
HINTS	If making a double batch (I usually do - these make pretty Christmas Gifts - I.e. - 2016), Make a single batch from start to end before beginning the second batch.
2	The Day Of: Bring the mixture back to a boil over medium heat. Reduce the heat to low and simmer it uncovered for about 2 hours. Turn the heat up to medium and boil it gently while stirring almost constantly, for another 30 minutes or so until the correct amber color is achieved. Skim off and discard any foam that forms on the top.
3	IMPORTANT: Cook the Marmalade until it reaches 220 degrees on a candy thermometer. If you want to be doubly sure it's ready, place a small amount, uncovered on a frozen plate. wait a couple of minutes. If it's firm -- neither runny nor too hard -- it's done. It will be a golden orange or amber color. (If the cold marmalade is runny, continue cooking it and if it's too stiff, stir in a bit more water). TASTE AS YOU GO!
4	Find, remove and discard any Cinnamon Sticks you used. Pour the Marmalade into clean, hot Mason jars; wipe the rims thoroughly with a clean damp paper towel, and seal with the lids.
FACTOID	This Recipe contains enough Sugar and Fruit Acid, that pressure canning of the jars will NOT be necessary.
5	Process the jars according the directions for your Hot Water Bath Canning Kit. The Jars should be boiled for 10 minutes

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HINTS

Set the jars aside to cool completely and store them in a cool dark place for up to a year. I recently found one that was almost 3 years old - Still tasted fantastic.
BE WARNED: Six pint jars will NOT last you even 3 months!