

ST. MATTHEW'S MARMALADE

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Covid-19 has brought change to many aspects of our lives. One long-standing tradition at St. Matthew's has been the annual marmalade project undertaken in late January.

Each year for the past 27 years, 25 to 40 parishioners gathered over a two-week period to produce hundreds of jars of a delicious marmalade. Profits from its sale went to support the [Centretown Emergency Food Centre](#) and the [Primate's World Relief and Development Fund](#). It is highly likely that the project will not happen this year.

Many look forward to the annual sale of our marmalade; a few refuse to spread anything else on their toast! To compensate for the absence of this project, the recipe for St. Matthew's Marmalade is printed below for anyone to make on their own. While the companionship of the event may be lost, at least the preserve will be available to enjoy.

The recipe as outlined may make more marmalade than one prefers to have. The quantities can be reduced, of course, but better still, why not make the full amount and give away the excess? Recipients could be encouraged to make a donation to the charities mentioned above.

Some parishioners may wish to forego the joys of making the marmalade and simply donate what they would spend on the purchase of marmalade in a normal year. One thing is certain: the need to support the Centretown Emergency Food Centre and the Primate's World Relief and Development Fund is ongoing even if the marmalade project is not.

MARMALADE RECIPE

Ingredients

12 Seville Oranges
4 Lemons
Sugar (2 Kg bag)

Directions

Day One: Preparing the Fruit

- Wash the fruit. Halve the oranges and lemons, remove the pips (seeds), then extract the juice.

- Scoop out the pulp. Place the orange and lemon halves, the pips, the pulp, and the juice in separate containers.
- Scrape off most of the pith from the fruit halves (the pith is the white layer next to the rind) and discard it. Slice the remaining peel into fairly thin slivers. Add the slivers to the juice.
- Grind the pulp with a bit of juice in a food processor. Add the pulp to the juice.
- Place the pips in a small pot. Add enough water to cover them. Boil until the liquid becomes viscous.
- Remove from the heat, strain to extract the pips and add the remaining liquid to the juice and fruit. The pips are then discarded. This step produces the all-important pectin.
- Refrigerate the container holding the juice, pulp, fruit slivers and pectin until the next day.



Day Two: Making the 'Slurry'

- To each cup of the fruit mixture add 1 ½ cups of water. Boil for 30 minutes. This produces the slurry.
- When this has been done with all the fruit mixture, place the resulting slurry into the refrigerator for 24 hours or more.

Day Three: Making the Marmalade

- For each cup of slurry, add 1 ½ cups of sugar. A suggested batch would be 6 cups of slurry and 9 cups of sugar (a 2 kg bag of sugar contains 9 cups).
- Boil the mixture at a full boil for 20 minutes. Stir constantly to prevent sticking or burning.
- After 20 minutes, test the mixture for temperature and thickness. The mixture should be 220 – 224 degrees F (104 – 106 C).
- Alternatively, test the mixture by placing a teaspoon of it on a saucer that has been chilled in a freezer. If the sample gels and wrinkles when pushed with the spoon, the mixture is ready.

- Remove the mixture from the heat and let it stand in the pot until it just begins to gel. This may take 5 to 15 minutes depending upon the amount in the pot.
- While waiting, skim off any foam or remaining pips, if any.
- Pour into sterilized jars. Wipe the rims and seal with lids and rings. Do not handle the jars further until they are cool.
- Ensure the lids have all popped down, which indicates the jars are sealed.
- Wipe the jars.
- Congratulations! You have now made St. Matthew's Marmalade! Enjoy. Share with friends.

Hints

It is hard to give a clear indication of how much marmalade this recipe makes, as it all depends upon how juicy the oranges and lemons are. As a rule of thumb, however, 6 cups of slurry, together with the 9 cups of added sugar, produce 11 small (250 ml) jars of marmalade.

A key factor in planning your marmalade-making session is the timing of the arrival of the Seville oranges. You can expect them in the stores around the third week in Janu-

ary. Act quickly when they appear; supplies don't last long.

Produce Depot and Farm Boy are reliable sources, although other shops specializing in fruit and vegetables may carry them as well.

Sterilize the jars by washing them and then placing them in an oven heated to 250 degrees F (121 C) for 20 minutes. Lids should be heated in a pot of water to the boiling point.

When boiling the marmalade (step 3, day 3 above), a small amount of butter may be added to discourage foaming. A batch of 6 cups of slurry and 9 cups of sugar could take a teaspoon of butter. This step is optional.

Smaller batches than the one outlined above are possible, but it is essential to maintain the relative proportions of the ingredients.

The boiled marmalade is can be cooled somewhat in the pot before being put into the jars in order to keep the rind from floating to the top of the jar.

Grapefruit spoons make an excellent tool for scooping the pulp out of the fruit. A sharp knife with a hooked end is good for slicing the fruit into slivers.



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