

RECIPE CORNER Those present at the December meeting were treated to two delicious natural jams brought along by Bruce MacLaren. By popular request Bruce has kindly consented to share his recipes, and has also included another of his favourites, that for mint jam.



Rose Petal Jam

Be sure to use roses that have not been sprayed with herbicides or insecticides. Rose petals have a white tip where they are attached. These tips are bitter and must be cut off. Collect enough rose petals to make one cupful, firmly but not tightly pressed. Place in blender along with $\frac{3}{4}$ cup water, juice of 1 lemon and $\frac{1}{4}$ tsp. salt. Blend until liquid. Slowly add 3 cups sugar. While sugar is dissolving, put $\frac{3}{4}$ cup water in saucepan and dissolve in 1 pkg. Certo. Bring to a boil. Boil hard for one minute. Add the pectin to the liquid in the blender. Run blender just enough to be sure the pectin is fully distributed then pour into sterilized containers. This jam will keep for at least one month. If you wish to keep it longer put in the freezer.

Rose Hip Jam

Rose hip jam is made in exactly the same way as the rose petal jam except that rose hips are used instead of petals. The hips should be mature and split to remove the seeds and fuzz surrounding them. Usually the blender should be run longer to thoroughly liquidify the hips and dissolve the sugar.

Mint Jam

Place 2 cups of fresh wild mint in blender. Add $\frac{1}{2}$ cup cider vinegar, $\frac{1}{2}$ cup water and 4 cups sugar. Blend until smooth and all the sugar is dissolved. Dissolve 1 pkg. of Certo in $\frac{3}{4}$ cup water. Bring to boil and boil hard for one minute. Pour this hot mixture into blender. Blend at slow speed for one minute. Pour quickly into jars; otherwise jam will begin to jell in blender. As this jam does not have a rich green appearance, it is a good idea to add green food colouring just before the final blending. Jam should be stored in freezer.

Mint jam can be made from wild mint, spearmint or peppermint. Each one gives a slightly different flavour. Wild mint is the most common of the three. It can be readily identified by the square stem, opposite leaves, and the minty odour released when the plant is bruised.

