

Source: The Berkshire Cookery Book

Compiled by the Berkshire Federation of Women's Institutes 1958

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Mint Jelly

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| 3 lbs apples | 2 large bunches mint |
| 2 lemons | Green colouring |
| 3 pints water | 1 lb sugar to each pint juice |

METHOD

Use under ripe apples, the first good-sized windfalls will do. Wash, cut into slices and put into pan with one bunch of well washed mint, the lemon juice and water; boil to a pulp; remove the mint.

Strain through a jelly bag, measure and allow one pound of sugar to one pint of juice.

Return the juice to the pan, stir in the sugar, and stir until dissolved.

Boil for five minutes; have another bunch of freshly picked mint well washed.

Bruise it and hold it in the jelly. Boil it for a few minutes until well flavoured. Remove the mint and continue boiling until it will set. Pour into small pots.

Use with roast mutton.

Note: I have copied the recipe and method as it is presented in the book but I prefer to add some finely chopped mint after reaching setting point and while allowing the jelly to cool slightly before bottling into clean, warmed jars. Notice it doesn't tell when or how much green colour to add. It doesn't need much at all!

It is good with lamb but also great on toast and crumpets and ice cream and.....

Submitted by Suzanne Senter