

ANGELICA JAM

INGREDIENTS:

700g Caster/granulated sugar

900g Cooked angelica stems (select young, tender stems)

425ml water

Juice and rind of 1 lemon

DIRECTIONS

To cook the angelica stems, remove all of the leaves and then cut the stems into lengths that will fit your pan. Fill the pan with water, bring to the boil and add the stems. Return to the boil and then lower to a simmer. Cook for around 25-45 minutes until the stems are tender. Strain. Refill the pan with fresh cold water and leave the stems to soak overnight. Strain again and discard the water.

For every 900g of angelica stems you will need 700g of sugar.

Cut the cooked stems into bite-sized pieces and add them to a large pan. Add the water and sugar. Over a very low heat, stir constantly until the sugar has dissolved. Add the lemon juice and rind. Bring to the boil and boil rapidly until setting point is reached.

To determine whether the setting point has been reached, use a sugar thermometer - the setting point is 200°F/110°C. You can also put a little jam onto a chilled saucer, as it cools the jam should begin to set and will wrinkle slightly when you draw your finger across it.

Cool the mixture slightly before pouring into warm, sterilised jars. Cover and seal immediately.