

### Mandarin Marmalade

It's peak citrus season so why not try your hand at this mandarin marmalade recipe from *The Everyday and Everyway Recipe Book*. One of a series of small cookbooks created by Thomas Holmes to raise money for the disabled, this particular book was published in the mid 1920s to support the Australian Red Cross Society so it could purchase comforts for soldiers who had returned injured from the First World War.

*Heritage Living* editor Liz Harfull, a former judging panel convenor for the Australian Marmalade Awards, revived this unusual marmalade recipe in her book, *Tried Tested and True*. Most mandarin varieties peel easier and have less pith than oranges, so if you have never made marmalade before this might be a lovely way to start. The fresher the fruit, the better.

#### **Ingredients**

12 mandarins

2 lemons

250 ml (1 cup) cold water

1.1 kg (5 cups) white sugar (approximately)

#### **Method**

Wipe the mandarins and lemons with a damp cloth, then dry them. Set one lemon aside and put the rest of the fruit in a large preserving pan or saucepan with enough cold water to make the mandarins float. Bring to the boil and simmer for about 20 minutes, covered, until the rinds of the mandarins are soft enough to pierce easily with the head of a pin. Drain the fruit.

Once the mandarins are cool, quarter them and remove the pips. Put the pips in a small bowl with 250 ml (1 cup) of cold water and leave overnight.

The next day, measure the mandarins in cups. Measure out the same amount of sugar and set aside.

Remove the flesh from the mandarins and blitz it in a food processor. Scrape most of the pith from the mandarin peel and cut the peel into very thin strips. Juice both the cooked and uncooked lemons, then strain the juice.

Strain the soaked pips, keeping the water and discarding the pips. Put the water from the pips and the lemon juice in a large preserving pan or heavy-based saucepan. Add the sugar. Stir over medium heat until the sugar has dissolved and the syrup comes to the boil.

Stir in the mandarin pulp and the sliced peel and continue boiling, uncovered and without stirring, for about 25 minutes, until the marmalade sets when tested.

Remove from the heat and let stand for 15 minutes. Pour into hot sterilised glass jars and seal while hot.

Makes about 5 cups

### **Liz's tips**

- Make sure the fruit is clean, and there is no mould.
- Soaking the pips overnight helps draw out the pectin which, together with the lemon juice, will set the marmalade. The original recipe used only one lemon, but many modern mandarin varieties have fewer pips, which means less pectin. The extra lemon juice will also give the marmalade a little more tang, offsetting the sweetness.
- To test whether the marmalade has set, keep a saucer in the freezer. Put a small teaspoon of the marmalade on the saucer and leave for a minute or two. If the marmalade is cooked it will wrinkle up when you push it gently with your fingertip.
- Letting the marmalade stand after cooking will help distribute the fruit more evenly in the jar, and settle the bubbles.
- To sterilise your jars, wash them in hot soapy water and rinse thoroughly. Place them on a baking tray in a cold oven, making sure they are not touching, then heat the oven to very slow (120°C) and leave for 30 minutes.



Image: Credit to Liz Harfull