

Carrot: Preserve It!

Carrot Pineapple Orange Marmalade

Yield: about 4 half-pints

2 medium lemons
1 cup finely chopped fresh pineapple
3 cups sugar
1/4 teaspoon nutmeg
1 3-ounce pouch liquid pectin

3 medium oranges
1 cup shredded carrots
1/2 teaspoon allspice

1. Wash lemons and oranges under cool running water; drain. Peel lemons. Cut off white pith from peel. Slice yellow peel into thin strips. Cut lemons in half crosswise and remove seeds. Extract juice from lemons; measure 1/3 cup of lemon juice. Cut oranges in half crosswise and remove seeds. Remove orange pulp from each half; measure 2 cups orange pulp.
2. Combine lemon peel, lemon juice, orange pulp, pineapple and carrots into a large saucepan. Add sugar, allspice, and nutmeg, stirring until sugar dissolves. Bring mixture to a boil over high heat, stirring constantly. Add pectin. Return mixture to a rolling boil that cannot be stirred down. Boil hard 1 minute, stirring constantly. Remove from heat. Skim off foam if necessary.
3. Ladle hot conserve into hot jars, leaving 1/4-inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot conserve. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
4. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

Source: Ball Blue Book, 2014



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