

Grapefruit Marmalade

Yield: about 4 half-pints

3 large red grapefruit (about 2-3/4 lbs)
1 lemon
2-1/2 cups water
1/8 teaspoon baking soda
6 tablespoons Ball Classic Pectin
4 cups sugar

1. Sterilize canning jars by boiling for 10 minutes at altitudes of less than 1,000 feet. At higher elevations, boil jars 1 additional minute for each additional 1,000 feet elevation.
2. Scrub fruit thoroughly, rinse well, and pat dry. Carefully strip rind from grapefruit and lemon with a vegetable peeler, avoiding bitter white pith. Coarsely chop rind to measure 1 cup. Place rind, water, and baking soda in a 6-quart stainless steel or enameled Dutch oven. Bring to a boil over high heat; cover, reduce heat, and simmer, stirring occasionally, 20 minutes.
3. Cut a 1/4-inch-thick slice from each end of grapefruit and lemon. Place flat end down on a cutting board, and remove and discard peel (bitter white pith and any remaining rind) in strips, cutting from top to bottom, and following the curvature of the fruit. Holding peeled fruit in the palm of your hand and working over bowl to collect juices, slice between membranes, and gently remove whole segments. Discard membranes and seeds. Coarsely chop fruit to measure 2-1/4 cups fruit and juices.
4. Add fruit and juices to rind. Bring to a boil; reduce heat, and simmer, uncovered, stirring often, 10 minutes.
5. Stir in pectin. Bring mixture to a full rolling boil that cannot be stirred down, over high heat, stirring constantly.
6. Add sugar stirring to dissolve. Return to a full rolling boil. Boil hard 1 minute, stirring constantly. Remove from heat. Skim foam, if necessary.
7. Fill hot marmalade into sterile jars, leaving 1/4-inch headspace. Remove air bubbles. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
8. Process in a boiling water or atmospheric steam canner for 5 minutes at 0-1,000 feet elevation, 10 minutes at 1,001-6,000 feet, and 15 minutes above 6000 feet.

Source: adapted from The All New Ball Book of Canning and Preserving