

Orange: Preserve It!

Spiced Orange Jelly

Yield: about 4 half-pints

2 cups orange juice (about 5 medium oranges)
1/3 cup lemon juice (about 2 medium lemons)
2/3 cup water
1 package powdered pectin
2 tablespoons orange peel, finely chopped
1 teaspoon whole allspice
1/2 teaspoon whole cloves
4 sticks cinnamon, 2 inches long
3½ cups sugar

1. *If under 1000 feet elevation*, sterilize canning jars by boiling for 10 minutes.
2. Mix orange juice, lemon juice, and water in a large saucepan. Stir in pectin.
3. Place orange peel, allspice, cloves, and cinnamon sticks loosely in a clean white cloth; tie with a string and add to fruit mixture.
4. Place on high heat and, stirring constantly, bring quickly to a full rolling boil that cannot be stirred down.
5. Add sugar, continue stirring, and heat again to a full rolling boil.
6. Boil hard for 1 minute.
7. Remove from heat. Remove spice bag and skim off foam quickly.
8. Pour hot jelly immediately into hot, sterile jars, leaving ¼ inch headspace. Wipe rims of jars with a dampened clean paper towel; adjust two-piece metal canning lids.
9. Process in either a boiling water or atmospheric steam canner for 5 minutes between 0-1,000 feet elevation, 10 minutes between 1,001-6,000 feet, and 15 minutes above 6,000 feet.

Source: National Center for Home Food Preservation, 2018



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Orange: Serve It!

Spiced Orange Jelly

Orange Chicken

Number of servings: 4

- 1 Meyer lemon, zested and juiced
- 1/3 cup **orange jelly**
- 2 boneless and skinless chicken breasts
- 1/4 teaspoon salt
- 1/4 teaspoon fresh ground black pepper (or to taste)
- 2 teaspoons olive oil

1. In a small bowl, combine freshly squeezed Meyer lemon juice, freshly grated zest and orange jelly. Set aside.
2. Cut each chicken breast in half lengthwise and season with salt and fresh pepper.
3. In a medium-sized nonstick sauté pan, heat olive oil on medium-high heat.
4. Add chicken and cook 3 – 4 minutes per side.
5. Add jelly mixture and bring to a simmer. Reduce heat to medium and cook about 4 – 6 minutes, until chicken is cooked through to an internal temperature of 165°F.

Variation:

- Top with additional green onions or fresh basil.
- To add some spice, add a pinch of red pepper flakes.



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