



KUMQUATS ARE TINY CITRUS TO USE IN RELISH OR MARMALADE

In response to numerous inquiries about kumquats, which are available in various quantities from November through June, suggestions are offered here for using and preserving the unusual fruit.

The kumquat is a small orange fruit of the citrus family. It is oblong and about the size of a small plum; the rind is golden-orange, the flesh is rather dry and the seeds are small. When fully ripe, kumquats can be eaten raw—cut up or sliced and added to salads and fruit cups.

More often they are enjoyed cooked whole in a sugar syrup, candied, or in marmalade. Clip these recipes for your file.

Preserved Kumquats

2 quarts firm kumquats
5 cups sugar

Remove stems and leaves from kumquats. Wash and drain the fruit. Prick each kumquat several times with a darning needle. Put the fruit into a saucepan and cover with boiling water. Simmer for about 20 minutes or until tender.

Skim the kumquats from the water and stir into the water the 5 cups sugar. Boil this syrup 5 minutes. Add the kumquats and cook them gently for about 1 hour, or until the fruit is transparent.

Let the fruit stand in the syrup overnight to plump. Reheat fruit and syrup to the boiling point. Skim fruit from the syrup and pack in hot sterilized jars. Cook the syrup slowly until it is thick. Pour it over the kumquats and seal the jars.

If desired, each kumquat can be partially split and stuffed with a maraschino cherry or a blanched almond before the final heating and packing.

Spiced Kumquats

1 pint kumquats
Whole cloves
2 cups water

2 cups sugar

Wash kumquats. Pour over them boiling water to cover. Let them steep 2 minutes, then pour off the water. Stick 1 whole clove into each kumquat. Make a syrup of the water and sugar. Bring to a boil. Poach kumquats in the syrup for about 20 minutes, or until tender.

Candied Kumquats

1 quart whole kumquats (about 1 pound)
2 cups sugar
1 cup water
Pecan halves (optional)

Stem and wash kumquats. Cover with water and bring to a boil. Boil 5 minutes; drain; cut into halves lengthwise. Combine sugar and water; boil until sugar is dissolved. Drop kumquats into boiling syrup. Cook over low heat 10 minutes. Cover and let stand overnight. Next day, cook 20 more minutes and lift fruit from syrup. Place on waxed paper to cool. If desired, place half a pecan in each piece of kumquat. Roll in additional granulated sugar. Store in airtight container, layers separated by waxed paper. May be frozen if you wish to keep them more than a few weeks. Makes about 2 pounds

Kumquat Marmalade

2 pounds kumquats (2 quarts)
6 cups water
½ cup lemon juice
1 package powdered pectin
9 ½ cups sugar

Cut kumquats in cartwheels with a very sharp knife to make slices thin as possible. Put sliced fruit in 8-quart kettle. Add the water and lemon juice. Bring to a quick boil and cook gently for 1 hour, uncovered. If peel is not tender in 1 hour, boil until tender.

Measure the cooked material. Add water to make peel and juice exactly 7 cups. Put back in kettle. Stir in pectin. Continue stirring and bring to a full boil.

Add sugar. Stir gently until marmalade reaches a full rolling boil and boil exactly 4 minutes. Remove from heat. Skim. Pour into sterilized jars and seal at once. Invert jars until marmalade begins to set; then, shake well and set jars upright. This keeps the peel evenly distributed throughout.

Baked Kumquat Jam

3 pounds kumquats
6 cups sugar

Wash kumquats and slice them thinly. Place the slices and the juice in a large shallow pan. Bake at 400 degrees 1 ½ hours. Add sugar, mix thoroughly, and return the mixture to the oven to bake for another 30 minutes, or until thick and clear. Turn into hot, sterilized jars and seal at once. Makes 6 pints.

Kumquat-Ginger Relish

1 quart kumquats (about 1 pound)
2 cups sugar
1 cup water
½ to 1 teaspoon powdered ginger

Remove stems and leaves from kumquats; wash thoroughly. Combine sugar, water and ginger; boil 5 minutes. Add kumquats. Simmer, covered, over heat 45 minutes, or until fruit is tender.

--Taken from an article in the Fresno Bee-1971