

February 10, 2016

Yes You Can, Can

By Earlene Eisley-Freeman

UCCE Master Food Preserver of El Dorado County

My citrus trees are producing more than my family can eat and my neighbors are hiding from me when I come knocking on their door with a bag of oranges in my hand. What can I do with all this fruit so it won't go to waste? Make Marmalade!

Marmalade is commonly defined as a fruit preserve that includes pieces of rind in the jelly base. Although historically made from quinces ("marmalade" comes from the Portuguese word *marmalada*, meaning "quince jam"), most marmalade today is made from citrus fruits, especially oranges. Because of the sour tang derived from both the rind and the flesh of the citrus used as the base fruit, good orange marmalade should have a complexity and depth not associated with sweeter jams and jellies.

Here is an tested recipe for you to use to make your own. You can use any kind of citrus in this recipe as long as the amount of fruit remains the same (4 cups of chopped fruit). Feel free to use grapefruit, kumquats, limes or even pomelo!

Orange Marmalade

4 oranges
2 lemons
2 ½ cups water
1/8 tsp. baking soda
6 ½ cups sugar
1 package powdered pectin
¼ tsp. butter

Thinly pare rind from fruit. Remove white membrane and seeds from fruit. Chop fruit, saving the juice. Thinly slice rinds. Simmer the sliced rinds in water and baking soda for 20 minutes, covered and stirring occasionally. The baking soda softens the citrus rind. Add fruit and juice. Simmer 10 minutes, covered. Measure 4 cups fruit mixture; add pectin and ¼ tsp. butter (to prevent foaming). Bring to a full rolling boil, stirring constantly. Add sugar; bring back to a full boil for the time indicated on the pectin package. Remove from heat and let stand 5 to 10 minutes, stirring often. Skim off foam. Ladle into hot jars leaving ¼" headspace. Wipe rims; place lids and rings on jars. Tighten rings only finger tight and process for 10 minutes in a boiling water canner.

Yield: 7 half-pints

Source: *Ball Pectin Package*.

- **Helpful hints:**
- When determining the time of process remember that all tested recipes are at sea level so if you are above 1000 ft. elevation you will need to adjust your processing time. Here is an altitude chart: http://nchfp.uga.edu/how/general/boil_water_chart.html.
- Make sure that there is at least 1" of water above the lid of your jars, but not more than 3" of water.
- When handling the oranges and lemons use food safe gloves to save your skin from the acid of the citrus fruit.

February 10, 2016

Check out and download the UCCE Master Food Preserver of El Dorado County 2016 schedule of classes and workshops on our main website. We are doing some new things this year! Besides our FREE public preserving classes in Placerville and Auburn, we are holding classes in Cameron Park at the Cameron park Community Center. Also, for the first time we have scheduled hands on workshops on pressure canning, boiling water bath canning, which including steam canners, and pickling. There is a fee for these all day, hand-on workshops.

UCCE Master Food Preservers are also available to answer home food preservation questions; leave a message at (530) 621-5506. For more information about the public education classes and activities, go to the UCCE Master Food Preserver website at <http://ucanr.edu/edmfp>. Sign up to receive our international E-Newsletter at <http://ucanr.org/mfpnews/>. Find us on Facebook too (UCCE Master Food Preservers of El Dorado County)!