

THE RECIPE

Elderberry Jam

CULTURE

31-10-2020



ELDERBERRY JAM

Ingredients:

1kg elderberries, preferably black

1kg sugar

The juice of 1 lemon

Arrange alternating layers of berries and sugar in a pan. Place it in the fridge overnight.

After this time, sprinkle with the lemon juice and simmer on a low heat for about 15 minutes or until the sugar has melted. Continue cooking, over a medium heat, for another 40 minutes, no more.

Remove the foam that will have formed on the surface and put the boiling-hot jam into previously heated glass jars.

After a film has formed on the surface, fasten the lids on the jars, which can be stored in the pantry for a year.