



RECIPE: Tomatoberry™ Jam



Ingredients

1kg Tomatoberry™ tomatoes

1½ cups sugar

2 tbsp lemon juice

Method

Wash and sterilize jars and lids

Remove stems from fruit and wash.

To peel fruit place them in a large heat proof bowl and cover with boiling water. Leave to stand for 5 minutes. Drain off water and allow to cool. Skin should peel off easily.

Place Tomatoberry™ in a saucepan and stir through sugar. Leave for 1-2 hours while sugar softens the fruit. Add lemon juice then cook over medium heat, stirring constantly until fruit is soft.

Cool mixture until fruit is mostly dissolved and jam coats the back of a spoon. Place the mixture in jars before cooling. Allow to cool, then seal with lids.

Enjoy as sweet preserve or accompaniment to fresh bread and savory hors d'oeuvres.



For more bright ideas visit
www.oasishorticulture.com.au

oasis®
create your own

healthy lifestyle > healthy eating > part of your life