



Carrot jam

When fruit is unobtainable and you have sugar for jam, you can use carrots or swede to eke out the fruit

Method

Cook 8oz peeled carrots in a little water until it makes a smooth pulp and 1lb sliced cooking apples (weight when peeled) in 1/4pt water until a smooth pulp. Mix the carrot and apple pulps together. Measure and to each 1pt allow 1lb sugar. Tip back into the saucepan and stir until the sugar has dissolved, then boil until stiffened. (This never becomes as firm as real jam). Pour into sterilized jars and seal.

