

Fruity 'BIG' begonia Jam

Serves 4 people

- 1 l/ 4¼ cups clear apple juice
- 500 g/ 17½ oz 2:1 gelling sugar
- 5 cl/ 3-4 Tbsp lemon juice
- 200 g/ 7 oz 'BIG' begonia flowers

And here's how to make it

Heat up apple juice. Finely chop and put aside a few flower petals. Add the remaining flowers to the juice and simmer at 50-60 °C/ 125-140 °F for half an hour.

Then strain through a linen cloth and leave to cool. Add gelling sugar and stir well.

Boil up the juice, skim, then add lemon juice and finely chopped flower petals. Test for gelling point and fill into prepared jelly jars. Seal immediately.

Our tip:

This tasty bread spread is not just delicious on a piece of toast or roll. Mixed with some olive oil, it makes an exciting dip for fried fish or meat.

