



Home-made apple jelly is a classic store cupboard ingredient. We like to use tart apples that are not completely ripe for this jelly because they contain plenty of pectin, which helps to set the jelly. This is a great way to use up windfalls from your garden.

Apple and ginger jelly

**Makes 5 x 200ml
(7fl oz) jars**
Preparation 2 hours

1.5kg (3lb 3oz) apples
(e.g. Kanzi, Bramley,
Egremont Russet)
100g (3½oz) fresh ginger
juice of 1 lemon
1–2 star anise
pinch of ground cardamom
1 tsp ground cinnamon
500g (1lb 2oz) jam sugar

Special equipment
sterilized jars

Wash the apples and chop into small pieces, including the skins and cores. Put them in a pan with 600–700ml (1–1¼ pints) water. The apple pieces should be completely covered with water. Bring to the boil and simmer over a moderate heat for 40 minutes without stirring.

Leave to strain for about 1 hour (or overnight) through a fine sieve lined with damp muslin or cloth. Do not squeeze the apples during this process, otherwise the jelly will be cloudy. Measure the liquid obtained in a jug. You need about 1 litre (1¾ pints). If you don't have enough of this apple juice, top it up with some water (see also Tip, right).

Peel the ginger and chop into small pieces. Add this to the apple juice with the lemon juice and spices in a pan. Bring to the boil and simmer for about 5 minutes. Strain through a sieve. Set aside the star anise.

Stir the jam sugar and strained juice together in a pan. Bring to the boil over a high heat, stirring constantly, and cook at a rolling boil for at least 3 minutes. Add the star anise and transfer the hot jelly into sterilized jars. Seal tightly, turn the jars upside down, and leave for 5 minutes. Stored in a cool, dark, dry place, the jelly will keep for about a year.

Tip: you could also make this jelly by using 1 litre (1¾ pints) of shop-bought apple juice.