

# Blood Plum Jam

Makes about 5 litres. Frank roughly measures 2.5 kilos of plums for every 1 kilo of jam.

## INGREDIENTS

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- Pick blood plums that are in season (or picked from your fruits of paradise)
- 2 tbsps chestnut flour (as desired)
- 1/2 kilo of white sugar (or as desired)
- Water as desired

## EQUIPMENT

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- Funnel, Sterilized jars, 1 large non-stick heavy pot

## METHOD

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- Wash the fruit, remove the stones, discard any blemishes, then quarter the fruit.
- Place in a deep pot, add approximately 1/2 litre of water, and simmer on a medium flame bringing to a slow boil.
- Continually stir, until the fruit have softened – Frank boiled the plums for about 2 1/2 hours (approximately).
- Add the sugar, stir in until dissolved.
- Keep stirring the mixture, until the jam has thickened - Frank says you can tell when it's ready; the jam does not drop from a spoon.
- Once satisfied, add the chestnut flour. Stir in the flour for a couple of minutes, until the jam becomes a thick, jelly like consistency.
- Funnel hot jam into sterilized jars with metal lids. Do not fill the jars to the top, leave approximately 5mls. Seal the lids tightly.
- In a large deep pot, fill with warm water (fill about 2/3rds of the jar's height) and place the jars in the water, standing vertically. Bring to a slow boil, for about 5-10 minutes.
- Leave jars to cool in the pot. Once the water and the jars have cooled, remove and towel dry jars. Store in a cool place.
- The jam can last for about 2 years. Refrigerate after opening.

