

COMPOST HEAP JELLY RECIPE

'Compost Heap' jelly is a thrifty, tangy spread made by boiling apple peels, cores, and citrus leftovers with sugar to extract natural pectin. Simply simmer fruit scraps with water for 45–60 minutes, strain overnight, then boil the liquid with sugar (approx. 450g per 600ml liquid) until it reaches a set.

Ingredients

- **Fruit Scraps:** Approx. 1kg of apple peelings, cores, and citrus peels (lemon, orange).
- **Water:** Enough to just cover the fruit in the pot.
- **Sugar:** White granulated sugar (approx. 450g per 600ml of strained liquid).
- **Lemon Juice:** A squeeze (optional, helps with setting and flavour).

Instructions

1. **Prepare the Scraps:** Roughly chop apple cores/peels and citrus peels. Placing them in a saucepan allows you to extract pectin, which is used to make the jelly. These scraps can be gathered over a number of weeks and frozen before use.
2. **Simmer:** Cover the fruit scraps with water, bring to a simmer, and cook slowly for 45 to 60 minutes until the fruit is very soft.
3. **Strain:** Turn the fruit pulp into a jelly strainer bag or piece of cheesecloth and let it drip into a bowl overnight. **Do not squeeze** the bag if you want clear jelly.
4. **Measure & Boil:** Measure the strained juice and return it to the pan. Add 450g of sugar for every 600ml of juice.
5. **Set:** Bring to a rolling boil, stirring until the sugar dissolves. Boil for about 10–15 minutes until it reaches setting point. Test for set every 3 mins after 10mins to get a wobbly jelly set.
6. **Setting Test:** Place a small spoon of jelly on a cold plate; if it wrinkles when pushed, it is ready.
7. **Bottle:** Skim any foam off the top, pour into hot sterilized jars, fill to the top and seal immediately.

Storage: The jelly will continue to firm up as it cools.

Note: This recipe refers to a jelly/shredless marmalade made from fruit scraps, not gelatine-based dessert jelly.