

Hello Trees Resource Sheet

How to Make Rowan and Apple Jelly

Rowan and apple jelly is tangy on toast or with cheese, corn on the cob or meat.



How will you eat it? With peanut butter?

Make absolutely sure you have [rowan berries](#).

You will need:

- 450g rowan berries removed from their stalks
- 450g apples cut into chunks
- 450g sugar
- A 2-litre cooking pan (it doesn't need to have a lid)
- A 1-litre measuring jug
- A jelly bag on a stand or a piece of clean cotton cloth spread across a sieve
- 4 glass jars taken hot from being washed in the dishwasher or from being in an oven at 140°C, 120°C fan or gas mark 1.



1. Give the rowan berries a good shake to get rid of some of the insects.
2. Cut the apples into chunks. There is no need to peel or core the apple.
3. Put the berries and apples into the 2litre pan.
4. Nearly cover the berries with cold water
5. Bring to the boil and simmer for about 30 minutes or until the berries are pulpy.
6. Let the mixture cool until you can comfortably handle the pan.
7. Put the jelly bag or cotton-lined sieve over a 1litre measuring jug.
8. Gently pour the berry mixture into the bag or sieve so that the strained mixture drips into the jug. Squidge the pulp to get the last bit of juice.
9. When you have all the juice you want, check the level in the measuring jug and add as much sugar as you have juice. For example, for ½ litre of juice, add ½ litre of sugar.
10. Pour the sugar and juice mixture back into the pan, bring to the boil and simmer for about 15 minutes. Meanwhile, put a clean saucer in the fridge.
11. Take the saucer out of the fridge and put a teaspoon of the sugared juice onto the cold saucer. Put the saucer back in the fridge and leave it for 5 minutes, then press the edge of the jelly with your finger. If the jelly goes wrinkly, it has reached its setting point. If it is still runny, continue simmering for another 5 minutes and test again. Don't be tempted to go on simmering hoping to get a thicker jelly: a tacky slightly crinkly blob is all you need.
12. It is important that you put hot liquids into hot jars. Putting hot liquids into cold jars might make them shatter and that is very dangerous. Pour the jelly into your clean hot jars and immediately put on the clean lids.



Enjoy!

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I tried using a fork to take the rowan berries off the stalks but found that pulling them off with my fingers was quicker.

I rinsed the berries to get rid of insects.



Always cut down towards a board – and away from your fingers.

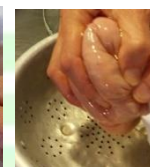
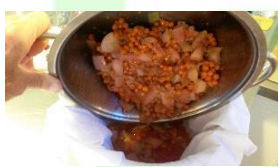


These are the measuring jug, sieve and cloth that I used.



This is what the apple and rowan berries looked like from start to pulp.

I poured the pulp into the cloth over the measuring jug and squashed it with a spoon.



Then I squeezed the cloth to get out as much juice as possible.



I noted the measurement on the jug then poured the juice into a saucepan. I rinsed and dried the jug, measured sugar to the same level and added it to the juice in the pan.



I turned our fan oven on to 120°C and put my 4 clean glass jars and their lids in to the oven to be sterilised. I put a saucer into the fridge.



I turned the heat on under the juice and stirred until the sugar was dissolved. A white scum formed on top. I removed it with a spoon.



I put a spoonful of the syrup into the cold saucer. It was squashy so I asked Roger to pour the syrup into the hot jars. He used a cloth to protect his hands as he put the lids on the jars. I made 3 full jars and a little more of delicious apple and rowan jelly.

Job done!