



## Pineapple and Mango Jam

## The super delicious recipe for jam and marmelade from Munyu

### Ingredients:

1000 grams of fruit, e.g. mango or pineapple

500 grams of sugar

15 to 20 grams of apple pectine (this corresponds to 3 - 4 level tablespoons)

Juice of half a lemon

### **Prepare the twist-off glasses first:**

Wash them well and rinse them in clear water.

Put them together with the lids in a pot with cold water and bring them to boil.

Make sure that your kitchen table, the chopping board, the knives, pots, ladle and your other equipment is super clean!

Use freshly washed kitchen towels and rags only!

### **Prepare the jam:**

Wash the fruit and cut it into small pieces.

Mix the fruit with 480 grams sugar and the lemon juice.

Bring the mixture to boil and stir well. If necessary you can use a blender to get a smooth mixture.

Boil with bubbles for 3 minutes while stirring!

Take the pot off the stove.

Mix the pectine well with the rest of the sugar (20 grams).

Stir this mixture slowly and carefully into the jam.

Bring the mixture again to boil.

Let the jam boil well for 1 more minute.

Put the hot jam in the cooked glasses.

Clean the top edge with a clean wet cloth and close the lid.

Turn the glasses upside down for 5 minutes and cover them with a kitchen towel.

Let them cool down slowly while they are covered.

### **We wish you lots of fun and a lot of success!**

#### Remarks:

If the fruits are very sweet like strawberries or mangoes you need lemon. If the fruits are sour you do not need lemon at all. If the jam does not gel, you need more lemon.

The amount of apple pectine varies according to the type of fruit. If the jam does not gel, you need more pectine.

Write down the exact amount of all ingredients in a book for each jam which you prepare. After a short time you will know exactly how much pectine and lemon you need for each type of fruit.

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