

Quince Preserve

Kythoni Xysto

INGREDIENTS:

Servings: approximately 1 kg

Quince	1 kg
Water	720 ml
Sugar	800 g
Lemon zest	from 1/4 lemon
Cinnamon stick	1
Lemon juice	2 tbs

TOOLS:

Chef's knife
Cutting board
Saucepans
Grater
Strainer
Wooden spoon
Ladle
Sterilized glass jars

INFO:

Quince is one of the few fruits that must be cooked before it can be eaten. Despite this minor inconvenience, this jam was so adored throughout Greece that it was considered a worthy gift (some called them bribes) when one went to consult the Oracle at Delphi.

TIME:

prep time : 00:45
cook time : 00:50

PREPARATION:

Using a sharp knife, peel, quarter and core the quince. Reserve the peels and cores. In a saucepan, combine the peels and cores with 480 ml of water. Bring to a boil. Reduce to a simmer and continue cooking for 20 minutes.

Grate the quince flesh and place in a saucepan. Add 240 ml of water and set aside. (The quince will discolor a little, but it is not important). Strain the peels and reserve the liquid.

In a saucepan, combine the grated quince, the liquid, sugar, lemon zest and the cinnamon stick. Bring to a boil then simmer for 1 hour, stirring from time to time. Add more water if necessary. Stir in the lemon juice and remove from the heat. When the mixture has cooled, ladle it into sterilized jars and seal.