

Recipe No. 27/2013

Cape Gooseberry Jam

Jam in under 10 minutes, only in the Thermomix! The cape gooseberry is named because the small bright orange berry, about 1cm in size, is shrouded by a leaf-like cape which protects it from being visible to beady-eyed birds as well as insects. Substitute gooseberries with strawberries.

Makes: 1 x 360g jar of jam

Preparation time: 2 minutes

Cooking time: 8 minutes

Ingredients

300g cape gooseberries
150g sugar
10ml lemon juice
5ml agar-agar, available from health shops

Method

- Place gooseberries into TM bowl. Chop 7 sec/speed 4. Scrape down sides of bowl.
- Add sugar, lemon juice and agar-agar.
- Cook 8 min/100°C/reverse/speed 1.
- Bottle in sterilized jars.

Chef's tips

- Substitute gooseberries with strawberries.
- Leave out the agar-agar and use as a delicious fruit topping for ice-cream, Pavlova, cakes or other desserts.

This week's recipe was sent to us by Danielle Spanoyannis. Danielle is a teacher at a French school and joined our Thermomix team over a year ago as a consultant. Our consultants are often inspired at meetings by Danielle's baking triumphs like French Madeleine's. Thank you Danielle.



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