

## Gorgeous Courgette Jam

As cake is to carrots, courgettes are to marmalade. Strange but true. Unusual, organic and terrifically homespun, a jar of this is a blimmin marvelous present. Add more or less ginger depending on how spicy you like it.

Prep: 15 mins

Cook: 30 – 45 min

Makes: about 5 – 6 jars

What you will need...

1kg courgettes, coarsely grated

1kg caster sugar

a large thumb of ginger, peeled and finely diced

3 lemons, juice and zest

6 jam jars

Prep: 15 mins | Cook: 30-45 mins

1. Put everything (apart from the jars) in a large jam pan or pot, or any heavy-bottomed pan.
2. Wash your jam jars with hot soapy water.
3. Thoroughly mix and scrunch all the ingredients with your hands. It'll go from quite dry to wet and soupy as the courgettes release their moisture and the sugar starts to dissolve.
4. Over a low heat, stir till the sugar fully dissolves. Increase heat to medium-high.
5. Let it bubble up. Skim off any foam that rises to the top. Pop a little plate in the freezer, ready for the set-test. Place the cleaned jam jars and lids in a 100°C/Gas ½ oven to warm and sterilise till your marmalade is ready.
6. When the jam goes from a rapid bubble to a gentle hum and looks thick and glossy, it's ready. Double check: drag the spoon along the bottom of the pan and the mix should part, showing the bottom of the pan.
7. Drop a little dollop on the cold plate. If the dollop wrinkles a bit when touched, it's ready. If not, cook the marmalade more, till it does.
8. Taste and add extra lemon zest or ginger if needed.
9. Once set, pour into the warm jars. Fill right to the top. Screw the lids tightly while the mix is still warm. Label and store in a dark, cool place for up to a year.

Recipe from Abel&Cole