



BIOSÜDTIROL



Organic farmer Helmuth serves: Apple Strudel Jam.

Preparation: 2 hours and 15 minutes

Difficulty: Easy

Ingredients (10 servings)

- 1.2 kg Pinovaapples
- 50 g sultanas
- 4 tablespoons dark rum
- 5 tablespoons lemon juice
- 2 teaspoons lemon zest
- 500 g gelling sugar
- 40 g chopped almonds
- 1 vanilla pod
- 1 teaspoon cinnamon powder

Preparation

Rinse the sultanas and soak them in rum. Peel and core the apples, and cut them into cubes. In a large pot, mix the lemon juice and zest with the gelling sugar and leave to rest for 1 hour. Brown the almonds in a pan without adding fat, add to the apples together with the vanilla pod, rum, sultanas and cinnamon. Amalgamate the mixture over high heat, stirring constantly, then let simmer for 4 minutes. Check the gelling and remove the vanilla pod; if necessary, skim off foam; fill each jar to the edge and close. Turn the jars upside down for about 5 minutes, then turn them right-side up again



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and let them cool. Let the Apple Strudel jam rest for at least a week and then serve it with a smile.

Helmuth's suggestion

You can substitute pine nuts or chopped walnuts for the almonds and add fresh rosemary instead of cinnamon powder. Enjoy your Apple Strudel Jam!