



BIOSÜDTIROL

Organic farmer Helmut serves: Apple Strudel Jam

Preparation: 2 hours and 15 minutes

Difficulty: easy

Ingredients (for 6 200-ml jars)

50 g sultanas

4 tablespoons dark rum

5 tablespoons lemon juice

2 teaspoons lemon zest

1.2 kg Natyra apples

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

Helmut's tip:

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