

Pressure Cooker Recipes for Every Day

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Orange Marmalade

Free recipe from *Pressure Cooker Recipes for Everyday* by Suzanne Gibbs, Orange Marmalade, page 180.

There's nothing nicer than homemade marmalade, but for it to be a success, you'll need to observe a few rules. If the fruit is not tender before the sugar is added, the marmalade will not set well, the peel will be tough and the colour poor. Always warm the sugar before adding it to the fruit to prevent it from lowering the temperature. Once you have added the sugar, stir over low heat until it has dissolved and then let the marmalade boil hard without stirring until setting point is reached.

Makes: 8 x 250 ml jars

Prep: 30 mins, plus standing time

Cook: 50 mins

1 kg seville or navel oranges, cut in half

1/2 cup (125 ml) freshly squeezed lemon juice

about 1.5 kg white sugar

1. Squeeze the juice from the orange halves and strain to remove any pips. Place the pips in a bowl and cover with water. Slice the peel into 2.5 cm long shreds and combine in a large bowl with the orange and lemon juice and just enough water to cover. Cover and leave overnight to draw out the pectin.
2. The next day, tip the peel and liquid into a large pressure cooker. Strain the pips through a sieve, adding their soaking water (which will have jellied slightly) to the cooker. Place the pips in a square of muslin and tie with kitchen string, then add to the cooker as well.
3. Close the lid and lock it, then bring the cooker to low pressure over high heat. Reduce the heat to stabilise the pressure and cook for 30 minutes. Release the pressure using the natural-release method and unlock the lid. The orange peel should be tender (this is important because if the sugar is added too early, you will end up with tough-skinned marmalade). Leave to cool for 10–15 minutes, then remove the bag of pips, gently squeezing out the pectin.
4. Meanwhile, preheat the oven to 150°C fan. Measure the orange pulp and return it to the cooker. Measure the sugar, allowing 1 cup (220 g) sugar for every cup of pulp, and place in a metal bowl. Warm through in the oven for 5–10 minutes.
5. Place the cooker over low heat and add the warm sugar to the pulp, stirring until it has dissolved. Increase the heat and bring to the boil, skimming off any white froth that forms on the surface. Boil for about 20 minutes, without stirring, then test the marmalade to see if it's ready. To do this, spoon a small amount onto a plate and chill briefly in the freezer until cool. If the marmalade holds firm when touched and doesn't run off the plate when tipped at an angle, it is set. If it is not firm enough, keep cooking until setting point is reached or the temperature measures 105°C on a sugar thermometer.
6. When the marmalade is ready, remove it from the heat and leave for 10 minutes. Ladle the marmalade carefully into sterilised jars (see Note, page 168, or below), leaving a 5 mm gap at the top. Screw the lid on tightly and leave to cool completely. The marmalade will keep unopened for a year. Once opened, the marmalade will keep in the fridge for up to 3 months.

Note

Be careful not to overcook marmalade as this will make it very dark and cause it to lose its lovely, clear red-gold colour.

Sterilising jars

Before filling preserving jars, you'll need to rid them of any bacteria that will spoil your efforts. Run the jars and lids through the hot cycle of your dishwasher, or wash them in hot soapy water, then rinse well with hot water. Place the open jars in a low oven (about 150°C fan) until dry. Remember to remove the rubber seals first.