

CRANBERRY JAM WITH HOT PEPPER



PREPARATION
60 MINUTES



SERVES
10 PERSONS



NUTRITION FACTS

Per Serving: 183 kcal/ 100g

Protein 0.5g; fat 0.5g; carbohydrates 44g; fibers 2g.

CHEFF'S WORDS

Cranberries are a group of evergreen dwarf shrubs or trailing vines. Most cranberries are processed into products such as juice, sauce, jam, and sweetened dried cranberries, with the remainder sold fresh to consumers. The cranberry shrub usually grows above 1,300 meters altitude, on alpine meadows. It is a shrub adapted to the northern temperate, boreal and arctic regions of Europe and North America. In Romania, the cranberry grows in the high areas of the Carpathian Mountains, especially in Transylvania, but not only. There are two types of cranberry: the wild one, which generally produces one crop per year during summer, and the European or cultivated one, which produces two crops per year, during summer and fall. Cranberries contain more flavonoids than any other berry. They also contain vitamin C, vitamin A (beta-carotene), group B vitamins (B1, B2, B3), as well as potassium, calcium, magnesium and phosphorus. Cranberries are considered superfoods, precisely because of their nutritional value. Dried cranberries lose their vitamins and minerals. Calories: 46 Kcal per 100 g of cranberries. The fruits are used as such or dried, candied, preserved in various ways. They can be consumed mainly as juices, desserts, cocktails, smoothies, compotes, jellies, jams, teas or as a sauce for steaks and, very rarely, to sour some soups or stews.

INGREDIENTS

1kg cranberries
1kg sugar
2-3 hot peppers
50g lemon juice

DIRECTIONS

1. We clean the cranberries from their tails and leaves, if necessary. We also clean the pepper from its tail and seeds. We wash them in a colander with cold water and place them in a bowl. We put the sugar on them and squeeze the lemon juice. We mix and let them stay like this for at least 1 hour.
2. By boiling, they will break and release their juice. We put them on low heat and stir from time to time if you have a non-stick pot, if it is a normal pot then you have to stir more often.
3. Let it boil until it thickens enough and looks as if it will bind. Put a few drops on a spoon and see how it behaves when it cools down.
Let it boil for about 30 minutes. Pour the hot water into the clean jars, put the lids on and place them with the lids down. When cold, place them nicely in the pantry and let them rest.