



hibiscus chutney

BROUGHT TO YOU BY THE **SUSTAINABLE URBAN AGRICULTURE CERTIFICATION PROGRAM**
 RECIPE BY MILA BERHANE

ingredients

- 1 Box fruit Pectin
- 4 cups of cooked hibiscus pulp (saved after juice is extracted)
- ½ cup vinegar
- ¼ cup fresh lemon juice
- 1 cup golden raisins
- ¼ cup slivered preserved ginger
- 1/3 cup finely chopped onion
- 2 finely chopped jalapeno pepper
- 1 Tablespoon salt
- 1 teaspoon ground allspice, ½ teaspoon each ground cinnamon, cloves (or 2 teaspoon of Gram Masala)
- 4 ½ cups sugar
- ¾ cup brown sugar

procedure

1. In a large pot mix all ingredients except sugar
2. Add fruit pectin and mix well
3. Bring mixture to full boil, continuously stirring
4. Add sugar and bring mixture back to boil for 2 to 3 more minutes
5. Remove from heat, skim foam and transfer to hot sterilized jars

canning

Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour hot water over flat lids and set aside. Let stand until ready to use. Drain jars well before filling. After filling jars process in boiling water for 5 minutes.

| Nutrition Facts | |
|--|------------------------------|
| Serving Size (15g) 1 Tablespoon | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 45 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 70mg | 3% |
| Total Carbohydrate 12g | 4% |
| Dietary Fiber 0g | 0% |
| Sugars 11g | |
| Protein 0g | |
| Vitamin A 0% | • Vitamin C 0% |
| Calcium 0% | • Iron 0% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |





hibiscus jelly

BROUGHT TO YOU BY THE **SUSTAINABLE URBAN AGRICULTURE CERTIFICATION PROGRAM**
 RECIPE BY MILA BERHANE

ingredients

- 4 cups prepared juice or
- 2lb. fully ripe sorrel sepals and 4-1/2 cups water
- 1 box SURE.JELL Fruit Pectin
- 5 cups sugar, measured into separate bowl

procedure

- Bring boiling-water canner, half full with water, to simmer. Wash jars and screw bands in hot soapy water; rinse with warm water. Pour boiling water over flat lids in sauce pan off the heat. Let stand in hot water until ready to use. Drain jars well before filling.
- Place hibiscus fruit (calyxes) in large sauce pan. Add water. Bring to boil. Reduce heat to low; cover and simmer 10 min., stirring occasionally. Crush cooked sorrel. Place three layers of damp cheese cloth or jelly bag in large bowl. Pour prepared fruit into cheese cloth. Press gently. Measure exactly 4 cups prepared juice into 6 - or 8-qt. sauce pot (add water if necessary to make 4 cups). Save the pulp to make chutney.
- Stir pectin into juice in sauce pot. Bring mixture to full rolling boil (a boil that doesn't stop bubbling when stirred) on high heat, stirring constantly. Stir in sugar. Return to full rolling boil and boil exactly 1 min., stirring constantly. Remove from heat. Skim off any foam with metal spoon.
- Pour immediately into prepared jars, filling within 1/8 inch of top. Wipe jar rims and threads. Cover with two-piece lids. Screw bands tightly. Place jars on elevated rack in canner. Lower rack into canner (Water must cover jars by 1 to 2 inches. Add boiling water, if necessary). Cover; bring water to gentle boil. Process 5 min. Remove jars and place up right on a towel to cool completely. After jars cool, check seals by pressing middles of lids with finger. (If lids spring back, lids are not sealed and refrigeration is necessary).

| Nutrition Facts | |
|--|------------------------------|
| Serving Size (15g) 1 Tablespoon | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 30 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 0mg | 0% |
| Total Carbohydrate 7g | 2% |
| Dietary Fiber 0g | 0% |
| Sugars 7g | |
| Protein 0g | |
| Vitamin A 0% | Vitamin C 0% |
| Calcium 0% | Iron 0% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

