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# Three Ingredient Lemon Marmalade

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Preparation Time: 20 minutes

Start to Finish Time: 13 hours

Cook Time: 40 minutes

**17 1/2 ounces lemons**

**6 cups water**

**8 cups sugar**

To Sterilize The Jars: Preheat the oven to 270 degrees.

Use glass jars with an airtight, metal lid. Wash them in hot soapy water and rinse well. Check that the metal lids do not have rubber inserts. (NOTE 9)

Place the jars and lids upright on a baking tray. Heat in the oven for at least 20 minutes, then remove and immediately fill with marmalade.

To Make The Marmalade: Place two small saucers in the freezer, ready to check for the setting point of your marmalade.

Thoroughly wash the lemons. Remove each end of the lemons and cut the lemons into quarters lengthways. Holding two of the quarters together, slice as thinly as possible and remove any seeds.

Place the lemon slices in a non-reactive bowl. (NOTE 3) Add six cups of water. Cover the bowl and allow to stand overnight.

On the following day, place the lemons and water into a large, non-reactive saucepan. (NOTE 4)

Over medium-high heat, bring the fruit and water to a boil. Boil for approximately 15 minutes or until the lemon peel is tender, stirring occasionally with a long-handled wooden spoon. (NOTE 5) The time may vary slightly depending on the variety of lemon and the thickness of the slices.

Add the sugar and stir well to dissolve. After dissolving the sugar, return the fruit to the boil, stir occasionally and skim to remove any foam. Continue to stir until the marmalade reaches setting point, about 20 minutes. (NOTE 6) Remove from the heat to conduct the wrinkle test. If not set, continue to boil for another 1 minute and test again.

To test for the setting point, use the "wrinkle" test. Take one of the saucers from the freezer and pour a small amount of marmalade onto it. Let it cool for one minute and then push against the marmalade with the tip of your finger. If the surface wrinkles, it means the setting point has been reached.

ALTERNATIVELY, IF YOU ARE NOT CONFIDENT CHECKING THIS WAY OR ARE NOT EXPERIENCED AT MAKING MARMALADE, you can use the fail-safe method of using a jam/candy thermometer which you clip to the side of your saucepan. When attaching the thermometer, make sure that the base is not touching the bottom of the saucepan. Your marmalade has reached setting point when the temperature reaches 220 degrees F. It will still be liquid at this point and will set as it cools.

Take the mixture off the heat and let the marmalade stand for about 10 minutes. This will help evenly distribute the fruit throughout the jars.

Remove the jars from the oven and carefully ladle the marmalade into the heated, sterilized jars. You need to be very careful. Splashing yourself with hot marmalade will result in a very serious burn. Wear clothing with long sleeves and ensure that you do not have children nearby. Place lids on the jars immediately and seal well, being careful to use a cloth or oven gloves to handle the jars and lids.

NOTES:

1. The weight of the lemons, before trimming the ends and removing the seeds, was 1.2 pounds.
  2. As the peel is such an important part of the marmalade, use organic or home-grown lemons. Commercially produced lemons generally have a wax coating and may have been sprayed. If this is all that you can obtain, you can clean the lemons by placing them in a colander and pouring fresh boiling water over the lemons. Then, scrub them gently with a nail brush while holding them under cold running water.
  3. Non-reactive bowls and saucepans are stainless steel, glass, ceramic or enameled cookware. Aluminum, copper and iron bowls are reactive. Acidic foods, such as lemons, may discolor and take on a metallic taste if these are used.
  4. A large saucepan is essential. When you add the sugar, it foams up enormously. Without a very large saucepan, there is risk of it boiling over.
- 5.3 To stir, use a long-handled wooden spoon. Metal will become dangerously hot.

6. Boiling time depends on several factors, the width of your saucepan and the heat at which the fruit is boiled.
7. The marmalade will be shelf stable for approximately twelve months.
8. Your marmalade will be very liquid when you add it to the jars so do not be concerned. It will continue to thicken as it cools. Let it sit for 24 to 48 hours and then check it again. If it is still runny, you can re-boil the marmalade. Empty the contents of the jars back into the saucepan and bring to a boil. To increase the pectin and help the marmalade to set, you can add the juice of one-half lemon. Boil for a few minutes and test again. However, if the marmalade was initially boiled too long, it can still result in not setting as the pectin may have been damaged.
9. Properly sterilizing your jars is an essential process to remove bacteria which could cause your preserves to spoil. Preference should be to sterilize the jars in the oven. To do this, preheat your oven to 270 degrees F.

Use glass jars with an airtight, metal lid. If recycling jars, ensure that the jars do not have cracks or chips and that the lids are in good condition. Discard any lids that are pitted or rusted.

Wash the jars and lids either in the dishwasher or by hand in hot soapy water. Rinse well. Do not dry them with a tea towel. Place the jars and lids upright on a baking tray. If you are using kilner jars with rubber seals, be sure to remove the seals before placing the jars in the oven. (The dry heat of the oven would damage the seals.) Boil the seals separately in a saucepan for about 10 minutes. Heat the jars in the oven for at least 20 minutes. When your preserves are ready to bottle, use thick oven mitts or jar tongs to remove the jars. Do not place them on a cold surface as they may shatter. You can use a wooden chopping board covered with a tea towel. Always sterilize a few more jars than you think that you will need. It is better to have too many jars than not enough.

Yield: nine 250 ML jars

### **Condiments, Sauces**

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*Per Serving (excluding unknown items): 6289 Calories; 1g Fat (0.2% calories from fat); 6g Protein; 1650g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 31mg Sodium. Exchanges: 3 Fruit; 107 Other Carbohydrates.*