



Department of Agriculture

Ministry of Agriculture, Rural Development and Environment

Traditional spoon sweets & jams



A feast
of flavour



Contents



Preface	3	Seville orange.....	39
Spoon sweets	7	Pummelo.....	39
Spoon sweets and how to ensure recipe success	8	Orange peel (rolled)	40
Tips for recipe success	9	Tomato.....	42
Jar sterilisation, sealing and storing	10	Seville orange blossom.....	43
Small problems and how we address them	11	Olives.....	44
Recipes	13	Kumquat.....	46
Cherry	14	Prickly pear.....	47
Walnut.....	16	Almond.....	48
Apple.....	18	Jams	51
Quince.....	20	Jams and how to ensure recipe success.....	52
Baby eggplant.....	22	Testing jam setting point.....	53
Rose.....	24	Jar sterilisation, sealing and storing.....	53
Watermelon.....	26	Recipes	55
Dates.....	27	Citrus fruit (method a)	56
Seville orange (green).....	28	Citrus fruit (method b)	57
Lemon (green).....	28	Orange.....	58
Strawberry.....	30	Kumquat.....	60
Apricot.....	32	Apricot.....	62
Fig.....	34	Strawberry.....	64
Pumpkin.....	36	Fig.....	66
Carrot.....	37	Kiwi.....	68
Grapefruit.....	38	Mediterranean Medlar.....	69
Bergamot.....	39	Plum.....	70





Preface

Spoon sweets and jams are closely related to the culture, customs and traditions of our country, like the other Cypriot traditional products, and they form an integral part of our cultural heritage. This is why we have to preserve knowledge of how they are made and transmit it to future generations.

Preserving fruits and vegetables in sugar in the form of spoon sweets and jams is a very tasty way to make good use of them, mainly when surplus fruits and vegetables are used or when they are available at a low price.

Though nowadays making spoon sweets and jams has become rarer and rarer, many rural families pursue this tradition with passion and enthusiasm and they are engaged with making these products.





Spoon sweets and jams may turn into a professional activity and a source of income for a rural family, especially today with the promotion of agrotourism but also with the programmes provided by the European Union.

The Rural Development Programmes include Measures supporting people interested in establishing or improving small industries with traditional products through substantial financial subsidies covering premises, equipment and further related costs.

The aim of this publication is to provide people wishing to be engaged with making spoon sweets and jams for both domestic and professional use, with useful information.



Spoon sweets

A glass bowl filled with dark, round spoon sweets, set against a background of a patterned tablecloth with floral and fruit motifs.

Spoon sweets and how to ensure recipe success

Offering a traditional spoon sweet (fruit or vegetable preserve) and a glass of cold water to guests to welcome them is an old and favourite tradition that is still pursued until today. People prefer spoon sweets because they are tasty, aromatic and delicious. This is why spoon sweets continue to be served in traditional coffee shops, restaurants and taverns. They are the delicacy of choice for many people when they want to eat something sweet, since they contain zero fat. Being sweets though, they contain sugar and calories, therefore excessive consumption of them should be avoided.

Spoon sweets are made with pure ingredients; they are easily prepared and may be preserved for a long time. You can make spoon sweets with almost all fruits like cherries, figs, apples and citrus fruits, with some vegetables like tomatoes, baby eggplants and carrots and also with flower petals like rose petals and Seville orange tree petals. Each fruit preserve has its own method of preparation and specific steps to be followed to make the recipe. By following these steps and dedicating a bit of time and effort you will be able to successfully make a variety of delicious traditional spoon sweets.



Tips for recipe success

- Use fresh, intact, not bruised and not very ripe (overripe fruit will melt during boiling, while unripe fruit will wrinkle).
- Use the right proportion of sugar to fruit for each recipe. Less sugar will cause the fruit preserve to go bad; excessive sugar will cause crystallisation of the syrup. Sugar is a preservative for spoon sweets as it prevents various microorganisms from developing.
- Some fruits need to be immersed in limewater and left for several hours, depending on their kind in order to become firm. Put pickling lime in a bowl with water and stir until it is dissolved and the solution looks like milk. Add fruits to the mixture and cover with a tray or a plate to keep them immersed in the limewater. Stir the mixture every so often to ensure that all fruits are evenly covered with pickling lime.
- Immerse fruit in lemonade (2 litres of water with 50 ml of lemon juice) for 1-2 hours to become crispy and glazed.
- For best results make sure that the fruit has been boiled well before being dipped into the syrup: Prick them with a needle to check that they are cooked. If they drop off easily they are ready.
- Making sure that the syrup is set is also very important for recipe success. If setting point has not been reached, the fruit preserve will go bad and crystallise. To avoid crystallisation you may add a little bit of lemon juice to the fruit preserve. Professionals must necessarily use a pycnometer or refractometer which indicates the exact density of the syrup, and ensure that it is at 65-70 degrees Brix.

When testing for the set of the syrup at home use the following practical method: Using a spoon, transfer 2-3 drops of the syrup to a cold plate. If the syrup does not spread but instead wrinkles forming a solid lump, then it is ready. An alternative method is to dip a spoon in the syrup and then hold it horizontally over the pot. If the syrup drips from the spoon in intermittent drops, then it is ready.

- To set quickly and keep their colour, fruit preserves should boil over high heat with the lid off, after the addition of the sugar.
- Any spices (cinnamon, clove, geranium, vanilla) to be used, should be added towards the end of boiling to preserve their flavour.

Jar sterilisation, sealing and storing

Use intact (without cracks), sterilised glass jars to store fruit preserves.

Follow any of the methods below to sterilise jars:

- Place jars in a pot, cover with cold water and boil for 10 minutes.
- Jars may also be sterilised in the oven: Wash thoroughly and place jars upright in a cold oven. Set the oven at 100 degrees Celcius and leave inside for about 10 minutes.
- Place jars in the dishwasher and use the dishwasher sanitise cycle at high temperature.

While still hot, put the fruit preserve (with the exception of high-perishable fruits like strawberries, cherries, apricots) in hot sterilised jars and fill the jars up to one centimetre from the rim. Seal properly, turn upside down and let cool. Then, return to their upright position. In this way you ensure that jars are air-tight sealed to prevent fruit preserves from going bad.

When the jars cool completely, store them in a cool, dry and dark place.

Small problems and how we address them

If syrup crystallises despite all precautions taken, or if the fruit preserve turns bad or gets mouldy, follow one of the steps below:

- If syrup crystallises, empty the preserve into a pot, add 2-3 spoons of water, place over the heat and boil for a while. Add 1 spoon of lemon juice.
- If the preserve gets mouldy, this does not mean that it has gone bad. Do not remove the mould until you are ready to consume the preserve. At this time, remove the mould with a spoon together with mouldy pieces of fruit preserve.
- If the preserve turns sour, empty it into a pot, place over the heat and boil until it reaches setting point again. If it has turned very bad (too many bubbles), then it should be discarded.



Recipes

Ingredients

1 kg Bigarreau Napoleon or dark red (Bigarreau Burlat) cherries

1 kg sugar

½ glass of water

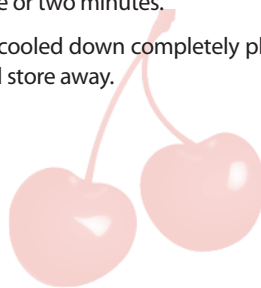
3-4 geranium leaves or vanilla

1 tbsop of lemon juice

Cherry

Method

- Wash cherries and pit them carefully with a cherry pitter or a bobby pin.
- Place a layer of cherries in a pot, sprinkle with sugar and repeat the process until all cherries are placed in the pot. Leave them for 2-3 hours until they release their juice.
- Add water, shake and place the pot over low heat initially until sugar is dissolved. Then increase the heat and boil for about 5 minutes. Set aside.
- The next day boil the cherry preserve again until the syrup sets.
- Add the geranium leaves a few minutes before turning off the heat. Finally, pour the lemon juice over the preserve and boil for one or two minutes.
- When the preserve has cooled down completely place in sterilised jars, seal and store away.





Ingredients

50 walnuts

2½ kg sugar

5 glasses of water

1 glass of pickling lime

25 ml of lemon juice
(for the lemonade)

1 cinnamon stick

6-7 cloves

2½ tbsps of lemon juice



Walnut

Method

- Thinly peel walnuts. Remove a small piece from the centre, at the bottom, make two side cuts and remove any remains.
- Prick walnuts horizontally and vertically with a skewer and put them in a pot. Cover them with water and leave them immersed for 7 days changing the water daily to turn them brown and wash away their bitter taste.
- Strain and immerse them in limewater for 12 hours. Place a plate or lightweight lid on top of the walnuts to keep them immersed in the limewater. Rinse them thoroughly (4-5 times), immerse them in a pot with boiling water for 5 minutes with the lid on. Change water and boil them again while covered until cooked and dropping off when pricked with a needle.
- Strain and immerse them for 2 hours in lemonade with plenty of ice cubes to give an extra crunch.
- Place walnuts on a kitchen towel to dry. Prepare the syrup and when it cools add the walnuts, cinnamon and cloves. Boil for 3-4 minutes and remove from heat. Repeat boiling daily for 3-4 days. On the last day, the syrup starts to thicken. Finally, add the lemon juice and let it boil for one or two minutes.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.



Ingredients

- 1 kg 'firiki' apples
- 1 kg sugar
- 1 glass of water
- 50 ml of lemon juice (for lemonade)
- 3-4 geranium leaves or vanilla
- 1 tbsp of lemon juice

Apple

Method

- Use same-sized not too ripe apples.
- Peel with a small sharp knife and remove pits with an apple corer. Immerse them in water with lemon to prevent browning.
- Heat water with juice of one lemon, immerse apples and bring to boil.
- Remove from water, strain, immerse them in water with lemon (lemonade) and leave for about 2 hours.
- Place in a pot, sprinkle with sugar and add a glass of water. Leave them for 2-3 hours to release their juice.
- Add geranium and boil over high heat until syrup has reached setting point.
- Finally, add the lemon juice and boil for one or two minutes.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.





Ingredients

- 1 kg quinces
- 1 kg sugar
- lemon juice (2-3 lemons)
- 3-4 geranium leaves
or vanilla
- 1 tbsp of lemon juice

Quince

Method

- Wash, peel the quinces and cut them in 3-4 pieces, depending on their size. Place them in a bowl and cover them with water and the juice of 2-3 lemons.
- Strain and immerse in a pot with water to boil until cooked (dropping off when pricked with a needle). Do not overboil as they split and melt.
- Dissolve sugar in water in the pot, add the strained quinces and boil for 5 minutes.
- The next day re-boil the preserve until the syrup sets. Before removing from the heat, add geranium leaves and a tablespoon of lemon juice.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.





Ingredients

- 1 kg baby eggplants
- 1 kg sugar
- 1 glass of water
- 50 ml of lemon juice (for the lemonade)
- ½ glass pickling lime
- roasted blanched almonds (as many as the baby eggplants)
- 1 cinnamon stick
- 6-7 cloves
- 1 tbsp of lemon juice

Baby eggplant

Method

- Remove stems and thinly peel the baby eggplants. Immerse in water with lemon to prevent from browning.
- Strain and place them in limewater (immersed) for 2 hours.
- Rinse well, make a small slit on the side and place them in a pot with hot water and a little lemon juice. Place over heat and boil until cooked (dropping off when pricked with a needle).
- Remove, strain and leave them immersed in lemonade for 2 hours.
- Strain and push an almond in each slit.
- Place them in the pot, sprinkle with sugar, add water and leave them for about 2 hours.
- Add cinnamon and cloves and boil over high heat until the syrup begins to thicken.
- The next day re-boil the preserve until syrup reaches its setting point. Before removing from the heat add a tablespoon of lemon juice.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.



Ingredients

3/4 kg of Damask roses
(Rosa Damascena) (of April)

1½ kg sugar

2 glasses of water

2 tbsps of lemon juice

Notes: Rose preserve consumption is recommended to persons who suffer from constipation.

Rose

Method

- Remove petals from roses, then place them in a bowl full of water. Wash them and simmer in a large covered pot with 1 glass of sugar and 3/4 glass of water for 15 minutes.
- Remove lid, add remaining sugar and remaining water and boil the preserve over high heat until the syrup sets. Before turning off the heat add lemon juice and boil for one or two minutes.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.





Ingredients

- 1 kg thick watermelon skin
- 2 kg sugar
- 2 glasses of water
- ½ glass pickling lime
- 50 ml of lemon juice (for lemonade)
- Vanilla or geranium leaves
- 2 tbsps of lemon juice

Watermelon

Method

- Thinly peel the green part of the rind and remove the red flesh completely leaving only the white part.
- Cut in square or diamond shaped pieces.
- Dissolve pickling lime in a bowl with enough water to cover the peels, immerse and leave them for 4-5 hours.
- Rinse well and boil for about 10 minutes. Change the water and continue to boil until fully cooked.
- Immerse peels in cold water with lemon juice (lemonade) and leave for two hours to become crunchy.
- Strain and place them in a pot, sprinkle with sugar and pour water to release their juice.
- Leave them for 3-4 hours until sugar is dissolved.
- Boil the preserve for about 10 minutes and leave until the next day.
- Boil the preserve with geranium leaves until it sets.
- Towards the end of boiling, add the lemon juice and boil for one or two minutes more.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.



Ingredients

50 dates
1 kg sugar
2½ glasses of water
50 roasted and brightened almonds
1 cinnamon stick
5-6 cloves
1 tbsp of lemon juice

Dates

Method

- Thinly peel the dates, place them in a pot full of water and boil until they soften (for about 15 minutes).
- Rinse with cold water, strain and pit them with a skewer. Push an almond in the place of each pit.
- Prepare the syrup and when it cools, put in the dates, cinnamon and cloves, and boil over low heat for 4-5 minutes until dates turn red. Remove from heat.
- The next day re-boil the syrup until it sets. Finally, add the lemon juice.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.

Ingredients

50 baby Seville oranges
2½ kg sugar
2½ glasses of water
2½ tbsps of lemon juice

Note: Alternatively peel the oranges at the beginning so you don't need to scrape their peel at a later stage.

Lemon (green)

Follow the exact same method to make lemon preserve.

Seville orange (green)

Method

- Remove the seeds and the membranes from the Seville oranges with a seed remover and rinse them.
- Boil for 5 minutes and change the water they are in, replacing with cold water. On the same day change the water two more times without boiling again. The next day repeat the same process.
- On the third day boil until their skin softens. When cool, scrape gently with a knife to peel them.
- On the fourth day boil them until they are cooked properly. They are ready when they drop off when pricked with a needle. Strain and let them cool.
- Place them in a pot, add sugar and water. Leave them for 2-3 hours until the sugar is dissolved.
- Then boil the preserve for about 10 minutes until it sets.
- The next day re-boil over high heat until the syrup has set. Add the lemon juice just before the syrup sets and boil for 1-2 minutes.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.



Ingredients

- 1 kg strawberries
(not very ripe)
- 3/4 kg sugar
- 1 glass of water
- ½ glass of lemon juice
- 1 tbs of lemon juice



Strawberry

Method

- Choose big and firm strawberries. Wash them well and carefully remove their stem.
- Place a layer of strawberries in a platter and sprinkle with ½ glass of lemon juice.
- Leave in lemon juice for 3-4 hours turning strawberries over at least once.
- Mix sugar with water in a pot and place the strained strawberries in a layer. Boil them for about five minutes, shaking the pot at the beginning to help the sugar dissolve completely.
- Carefully remove strawberries with a skimmer.
- Re-boil the syrup until it reaches setting point. Place the strawberries back in the syrup, which dilutes. Continue boiling until the preserve sets and finally add a table-spoon of lemon juice.
- Remove the pot from the heat and shake it to help the foam cluster in the middle and be easily skimmed.
- When the preserve cools completely, place it in jars very carefully to avoid strawberries being crushed. Keep in the fridge for one year.



Ingredients

1 kg apricots
(not very ripe)

$\frac{3}{4}$ kg sugar

$\frac{1}{2}$ glass of water

$\frac{1}{2}$ glass of pickling lime

50 ml lemon juice
(for the lemonade)

geranium leaves
or vanilla

1 tbsp lemon juice

Apricot

Method

- Wash the apricots and pit them carefully pushing in a needle from the stem towards the other end without opening the fruit too much. Thinly peel.
- Dissolve the pickling lime in two litres of water (about 10 glasses) and immerse the apricots for 3 hours. Remove and rinse them thoroughly.
- Put water in a pot, bring to boil and immerse the apricots, few at a time. When they rise from the bottom of the pan to the surface, remove and immerse them in cold water with 50 ml of lemon juice (lemonade) and leave them for 2 hours.
- Strain and place them in a baking tray or an uncovered pot, the one next to the other (one layer only). Sprinkle with sugar and add $\frac{1}{2}$ glass of water and leave them for 2-3 hours to release their juices.
- Boil the apricots over low heat to help dissolve the sugar and then increase temperature and continue boiling for 5 minutes.
- The next day re-boil the preserve to set completely. Just before reaching setting point, add the geranium leaves, vanilla and 1 tablespoon of lemon juice.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.



Ingredients

50 medium-sized figs
(unripe Black Mission
variety)

2½ kg sugar

2½ glasses of water

½ glass of lemon juice
(for the lemonade)

50 roasted blanched
almonds (optional)

5-6 cloves

vanilla

2½ tbsps of lemon juice

Fig

Method

- Choose unripe figs that are about to ripen.
- Thinly peel and immerse in limewater for 2 hours. Remove and wash them very well to remove pickling lime.
- Boil water in a pot and cook the figs for 5-10 minutes. Change water replacing with boiling water and continue boiling until fully cooked. They are ready when they drop off easily when pricked with a needle. Strain and immerse them in cold water with lemon juice (lemonade) and leave for 2 hours.
- Strain again and fill each fig with an almond. If you are not using almonds, prick them with a needle to avoid shrinking.
- Mix sugar with water in a pot, immerse the figs, add cloves and boil over heat for 10 minutes, shaking the pot from time to time to help the sugar dissolve completely.
- The next day re-boil the preserve until it sets, adding vanilla and lemon juice just before reaching setting point.
- Fill the jars, close and turn them upside down to the air from inside the jars and seal.



Ingredients

1 kg pumpkin
(for preserve)

2 kg sugar

2 glasses of water

½ glass of pickling lime

50 ml of lemon juice
(lemonade)

geranium leaves
or vanilla

2 tbsps of lemon juice

Pumpkin

Method

- Peel the pumpkin and cut in small square or triangle pieces or use a spiral cutter.
- Place them in a bowl with limewater and leave them for 4-5 hours.
- Rinse thoroughly and boil until fully cooked. Change the water 2- 3 times during cooking. They are ready when they drop off when pricked with a needle.
- Let them cool and immerse them in cold water with lemon juice (lemonade) for about 2 hours to become crispy.
- Strain them, place them in a pot, sprinkle with sugar, add water and let them for 3-4 hours to release their juice.
- Boil for about 15 minutes.
- The next day re-boil the preserve and add geranium leaves. Skim and continue boiling until the syrup sets. Add 2 tablespoons of lemon juice shortly before it is done.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.

Ingredients

1 kg carrots (fresh, tender)
3/4 kg sugar
2 glasses of water
50 ml of lemon juice
(lemonade)
5-6 cloves
vanilla
1 tbsp of lemon juice



Carrot

Method

- Wash carrots well and thinly peel. If they are very big, cut them in medium pieces.
- Boil well until fully cooked.
- Let them cool and prick them through with a needle.
- Immerse them in cold water with lemon juice (lemonade) and leave for about 2 hours.
- Meanwhile, boil sugar with water bring syrup to boil, then remove from heat and let cool.
- Strain carrots and immerse them in the cold syrup.
- Boil the preserve, adding the cloves, for about 10-15 minutes.
- The next day re-boil the preserve until it sets. Skim and add vanilla and lemon juice 1-2 minutes before it is done.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.

Ingredients

25 grapefruit peel slices
(see **Method**)

1 kg sugar

1 glass of water

1 tbsp of lemon juice

Grapefruit

Method

- Wash the grapefruits, wipe and zest gently with a fine grater.
- To make peel slices: Slice through the peel of the fruit in quarters and remove peel in 4 equally-sized pieces. Remove any thick fibres from the inside of the peels. If their rind is too thick, part of the white flesh of the rind may also be removed.
- Roll the peels or simply fold them and use a thick needle to thread them through a thick white string. Twist the first and last roll on each thread 2-3 times into a curl to hold on the string.
- Bring to boil and continue boiling for 5 minutes and then, replace the water with cold water. On the same day change the water two or three more times without boiling again. The next day repeat the same process.
- On the second and third day repeat the same process, first by changing the water with boiling water and then with cold water two more times during the day.

- On the fourth day change the water, bring to boil and cook until soft. They are ready when they drop off when pricked with a needle. Strain the rolls, let them cool, sprinkle with sugar and immerse them in water for 3-4 hours. Boil for about 10 minutes and let them stand until the next day.
- Re-boil the preserve until the syrup sets, skimming when needed. Add lemon juice before reaching setting point.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.



Bergamot

Follow the exact same method to make bergamot preserve.

Seville orange

Follow the exact same method to make Seville orange peel preserve.

Pummelo

Follow the exact same method to make Pummelo preserve, but because Pummelo has a very thick skin, it is difficult to roll. Slice through the peel of the fruit and remove peel in 4-6 equally sized pieces, depending on the size of the fruit. Cut each piece horizontally in two equal (triangular) pieces. Do not thread. Then follow the steps as described in the method for making grapefruit preserve.

Ingredients

- 6 large oranges
- 3 cups of sugar
- 3 cups of water
- 1 tbsp of lemon juice

Orange peel (rolled)

Method

- Wash the oranges, wipe and zest gently with a fine grater.
- Make 6 slices on the peel and remove in equal pieces. Roll each peel firmly and use a needle to thread them per dozen through a thick white string. Twist the first and last roll on each thread 2-3 times into a curl to hold on the string. Tie them together firmly like «bracelets».
- Put the «bracelets» in a pot with cold water, bring to boil, then strain. Repeat the process (boil and strain) twice to wash away the bitter taste.
- Add cold water and boil the peels over low heat for 45-60', until they soften. Strain, remove from the threads and place them on kitchen towels to dry.
- Boil water with sugar in a pot, add the lemon juice and boil the syrup for 5 minutes. Add the peels and boil for 10 minutes. Remove from heat, cover and leave them in the syrup until the next day. Then re-boil the preserve, reduce the heat and simmer for 15-20' until the syrup sets.
- Fill the sterilised jars while the preserve is warm, turn them upside down for 5 minutes and store.



Ingredients

1 kg small and ripe tomatoes (plum or Petra variety tomatoes)

1 kg sugar

2 glasses of water

½ glass of pickling lime

50 ml of lemon juice (lemonade)

5-6 cloves

1 cinnamon stick

1 tbsp of lemon juice



Tomato

Method

- Choose fresh, ripe and firm tomatoes. Immerse in boiling water, then peel.
- Carve the bottom of the tomato with a sharp knife and remove the seeds with a long u-shaped pin.
- Immerse tomatoes in limewater and leave for 2-3 hours.
- Rinse thoroughly to remove the pickling lime.
- Cook for about 5-7 minutes. Boil for 2-3 minutes, then change water, replacing it with boiling water and continue boiling. Remove and immerse in cold water with lemon juice (lemonade) for 2 hours.
- Put water with sugar in a pot and bring to boil, then remove from heat and let the syrup to cool.
- Strain tomatoes and immerse them in cold syrup with cloves and the cinnamon. Bring to boil and boil for about 10 minutes until the syrup has reached its setting point.
- The next day re-boil the preserve until the syrup sets properly. Skim it and add the lemon juice before it is done.
- When the preserve cools, fill the jars, close and store.

Seville orange blossom

Ingredients

2 glasses of Seville orange blossoms (or other citrus blossoms)

2 glasses of sugar

1 glass of water

2 tbsps of lemon juice

Method

- Boil water with sugar in a small pot until the syrup sets. Just before reaching setting point, add a tablespoon of lemon juice and let cool.
- Remove the petals from the blossoms and fill two glasses of blossoms.
- Boil the blossoms for thirty seconds and then immerse them in cold water for five minutes. Repeat the process twice.
- Strain the blossoms.
- Immerse them in the cold syrup and re-boil until the syrup sets. Just before reaching setting point, add the second tablespoon of lemon juice.
- Fill the jars, close and turn them upside down to remove the air from inside the jars and seal.

Ingredients

- 1 kg green olives
- 1 kg sugar
- 1 ½ glass of water
- ½ glass of pickling lime
- 50 ml of lemon juice (lemonade)
- a few cloves
- 1 cinnamon stick
- 1 tbsp of lemon juice

Olives

Method

- Wash olives and remove the pits with the olive pitter.
- Immerse olives in water for 3-4 days to wash away their bitter taste. Add a little bit of lemon juice each time you change the water.
- Dissolve the pickling lime in a bowl with water and immerse the olives in it for 3 hours. Rinse thoroughly.
- Boil the olives for 1-2 minutes, strain and immerse and leave them in cold water with lemon juice (lemonade) for two hours to become crispy.
- Strain the olives, mix water with sugar, add the olives, cloves and cinnamon and boil for 3-4 minutes.
- The next day re-boil the preserve over high heat until it sets properly. Just before reaching setting point, add a tablespoon of lemon juice and boil for a minute or two.
- Let the preserve cool, fill the jars, close and store.





Ingredients

- 1 kg kumquats
- 1 kg sugar
- 1 glass of water
- 1 tbsp of lemon juice



Kumquat

Method

- Pierce fruits crosswise with a skewer (the skewer should perforate the fruit) and prick with a toothpick in several parts without perforating the fruit.
- Boil kumquats for about 5-7 minutes.
- Cool in cold water and strain.
- Put kumquats in a pot, sprinkle with sugar, add water and let them stand for 3-4 hours. Then boil for five minutes.
- The next day re-boil the preserve until it sets. Just before reaching setting point, add a tablespoon of lemon juice.
- Remove from heat and shake the pot swiftly to cover all fruit with syrup.
- Fill the sterilised jars, close and store.

Ingredients

- 1 kg peeled prickly pears
- 1 kg sugar
- 1 glass of water
- ½ glass of pickling lime
- 1 tbsp of lemon juice
- 1 vanilla

Prickly pear

Method

- Peel prickly pears carefully to avoid fruit being crushed.
- Immerse them in limewater for 8 hours.
- Rinse very well.
- Place them in a baking tray, sprinkle with sugar, add water and leave for 3-4 hours.
- Simmer to dissolve sugar well, then turn up the heat and boil for five more minutes.
- The next day re-boil the preserve and just before reaching setting point add vanilla and one tablespoon of lemon juice.
- Fill the sterilised jars, close and store.

Ingredients

- ½ kg almond kernels
- 1 kg sugar
- 2 glasses of water
- 25 ml of rose water
- 1 teaspoon of ground Chios mastic
- 2 tbsps of lemon juice

Note: Alternatively use blender for easier stirring.

Almond

Method

- Soak almonds in cold water until the skin is easily removed.
- Split almonds and let them dry very well. Then grind using a blender.
- Boil water with until the syrup sets and just before it reaches setting point add a tablespoon of lemon juice.
- Remove syrup from fire and stir in the same direction until it turns white.
- Add the ground almonds, Chios mastic, rose water and lemon juice and continue stirring until it turns white.
- When the preserve cools, fill the sterilised jars.





A clear glass bowl filled with several fresh strawberries, resting on a light-colored wooden surface. The strawberries are vibrant red with green leafy tops. In the background, a glass jar with a metal lid is partially visible.

Jams



Jams and how to ensure recipe success

Making jam is a tradition in Cyprus because of the big variety of fruits produced in our island.

Jams are made of seasonal fruits (usually of one kind, sometimes more), sugar and lemon juice which are used as preservatives.

Jam-making is easy and fast. However, to get the colour, flavour and jam-set right, there are several steps to follow that will make your task simpler.

Our top tips for making jam:

- The best-suited fruits for jams are those with the right balance of acid and low-pectin, such as citrus, plums, quinces, grapes, apples, Mediterranean Medlar etc. If you're using low-acid and low-pectin fruits, such as strawberries, apricots and kiwis, you need to add 2 table-spoons of lemon juice per 1 kg of fruit to enhance fruit acidity and pectin content.
- Choose any fruit that's ripe but still firm, because unripe fruit are lower in pectin, which prevents jam from setting properly.
- For best results, cook jam in small batches of fresh fruits (up to 2 kg) and use high temperature only after having added the sugar, to retain the colour and flavour of the fruits.
- Cook fruit over low heat to soften, adding a little bit of water if needed.
- Add the sugar when the fruit is very soft and adequate water has evaporated.
- Use an equal amount of sugar and fruit pulp or juice to make jam.
- Flavourings are not usually used for making jams because fruits have their own unique flavour.

Testing jam setting point

A pycnometer or refractometer may be used to help you know when your jam has reached setting point, in the same way that it is used to let you know the exact density of the syrup in fruit preserves.

Depending on the fruit, ensure that jam density is about 65-70 degrees Brix.

Use the following practical methods to test jam setting point:

- Dip a wooden spoon in the jam and then hold it over the pot. The jam is ready when it drips from the spoon in intermittent drops.
- Transfer a little bit of jam to a cold plate and let it cool. It is ready when it doesn't stick to the plate.

Jar sterilisation, sealing and storing

Follow the same methods as described in page 10.



Recipes

Ingredients

4 oranges
2 Seville oranges
1 grapefruit
2 tangerine
1 lemon
sugar

Note: Follow the same method to make marmalade with only one kind of citrus fruit i.e. only orange, tangerine, Seville orange, lemon or grapefruit.

Citrus fruit (method a)

Method

- Wash and dry the fruit and zest about half of the fruit with a grater.
- Boil the grated peels until soft and change the water 2-3 times during boiling to wash away the bitter taste.
- Take the fleshy part from all fruit and cut in pieces. Then place them in a cooking pot and simmer until soft. Add a little bit of water if needed.
- Strain the pulp through the strainer to remove pits and membranes.
- Add the peels to the mixture and then add an equal amount of sugar. Boil over high heat until the marmalade sets.
- Place hot marmalade in sterilised jars. Close the lid and turn jars upside down to seal. Restore in initial position. When the jars cool, store them in a cool and dark place.

Citrus fruit (method b)

Ingredients

4 oranges
2 Seville oranges
1 grapefruit
2 tangerines
1 lemon
sugar

Method

- Wash and peel the fruits.
- Cut them in pieces and place them in a pot.
- Add a little water and simmer until soft.
- Strain the pulp through the strainer to remove pits and membranes.
- Put in a cooking pot adding an equal amount of sugar and boil over high heat until the marmalade reaches setting point.
- Place hot marmalade in sterilised jars. Close the lid and turn jars upside down to seal. Restore in initial position. When the jars cool, store them in a cool and dark place.

Note: Instead of fruit, make this recipe using citrus fruit juice.

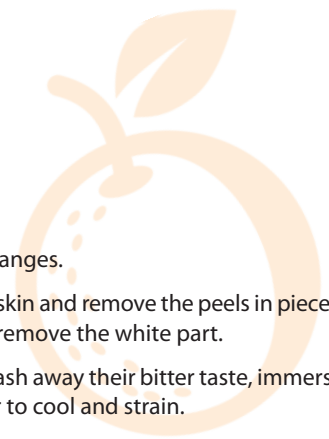


Ingredients

- 1 kg oranges
- 1 kg sugar
- 1 tbsp of lemon juice

Orange

Method

- Wash and strain oranges.
 - Make slices on the skin and remove the peels in pieces. If the skin is thick, remove the white part.
 - Boil the peels to wash away their bitter taste, immerse them in cold water to cool and strain.
 - Remove the pits from the fruit flesh, put the flesh with the peels in the blender and grind. Alternatively use a vegetable mill or finely chop them.
 - Put the pulp with an equal amount of sugar in a pot and boil over high heat until sugar is dissolved. Just before reaching setting point, add 1 tablespoon of lemon juice.
 - Pour hot marmalade in hot sterilised jars and turn them upside down to seal.
 - When the jars cool, store them in a cool and dark place.
- 



Ingredients

- 1 kg ripe kumquats
- ½ kg sugar
- 1 tbsp of lemon juice

Kumquat

Method

- Boil kumquats until soft. When they cool, strain and finely chop. Alternatively, grind them in a blender after removing the pits.
- Put pulp in a pot, add sugar and simmer until sugar is dissolved.
- Then, boil over high heat until the marmalade sets. Just before reaching setting point, add one tablespoon of lemon juice.
- Pour hot marmalade in hot sterilised jars and turn them upside down to seal.
- When the jars cool, store them in a cool and dark place.



Ingredients

1 kg apricots
sugar
2 tbsps of lemon juice

Apricot

Method

- Wash apricots, split them and remove the pits.
- Place in a pot with a little water and simmer until soft.
- Measure the pulp, add an equal amount of sugar and boil over high heat until the jam sets. About 5 minutes before reaching setting point, add the lemon juice.
- Pour hot jam in sterilised jars and turn them upside down for 2-3 minutes to seal. Restore in initial position.
- When the jars cool, store them in a cool and dark place.





Ingredients

1 kg strawberries
sugar
2 tbsps of lemon juice

Strawberry

Method

- Wash strawberries well and remove their stem.
- Cut in half, add a little water and simmer until soft.
- Measure the pulp, add an equal amount of sugar and boil over high heat. About 5 minutes before reaching setting point, add the lemon juice and boil until it sets properly.
- Pour hot jam in sterilised jars. Close the lid and turn jars upside down for 2-3 minutes to seal. Restore in initial position.
- When the jars cool, store them in a cool and dark place.



Ingredients

1 kg figs

sugar

2 tbsps of lemon juice

Fig

Method

- Wash the figs well, peel, chop and place in a pot with a little water.
- Boil until soft.
- Measure the pulp, add an equal amount of sugar and boil over high heat until the jam sets. About 5 minutes before reaching setting point, add the lemon juice.
- Pour hot jam in sterilised jars. Close the lid and turn jars upside down for 2-3 minutes to seal. Restore in initial position.
- When the jars cool, store them in a cool and dark place.





Ingredients

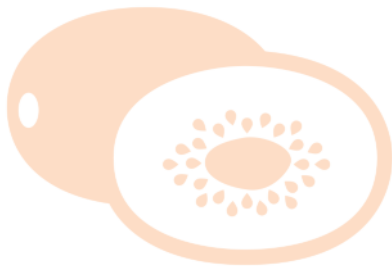
1 kg kiwis

sugar

2-3 tbsps of lemon juice

Kiwi**Method**

- Peel and chop the kiwis.
- Boil in a little water over low heat until soft.
- Measure the pulp, add an equal amount of sugar and boil over high heat.
- About 5 minutes before reaching setting point, add the lemon juice and boil until the jam sets properly.
- Pour hot jam in sterilised jars. Close the lid and turn jars upside down for 2-3 minutes to seal. Restore in initial position.
- When the jars cool, store them in a cool and dark place.



Ingredients

1 kg Mediterranean Medlar
3 litres of water
sugar
1 tbsp of lemon juice
2-3 geranium leaves

Mediterranean Medlar

Method

- Wash the fruit and boil over high heat for about one hour to cook properly.
- Strain the fruit, keep the juice only and sieve using a fine cloth.
- Measure the juice and add an equal amount of sugar.
- Pour the juice in a clean pot, add the sugar and boil over high heat to help retain the gold colour of the jam.
- Just before reaching setting point, add one table-spoon of lemon juice and the geranium leaves.
- Pour hot jam in sterilised jars. Close the lid and turn jars upside down for 2-3 minutes to seal. Restore in initial position.
- When the jars cool, store them in a cool and dark place.

Ingredients

1 kg plums

sugar

1 tbsp of lemon juice

Plum

Method

- Wash, split the plums and remove the pits.
- Put them in a pot, add a little water and simmer until soft.
- Remove from heat and strain the pulp to remove the skins.
- Measure the pulp, add an equal amount of sugar and boil over high heat until the jam sets. About 5 minutes before reaching setting point, add the lemon juice.
- Pour hot jam in sterilised jars. Close the lid and turn jars upside down for 2-3 minutes to seal. Restore in initial position.
- When the jars cool, store them in a cool and dark place.



Text:

Update of publication PIO 93/2015 - 2.000, ISBN: 978-9963-50-328-5

Editing:

Press and Information Office

Photography:

Department of Agriculture archive, www.shutterstock.com



PIO 17/2022 - 5,000

Published by the Press and Information Office

Design: Anna Kyriakou

Printed by: Konos Ltd

ISBN: 978-9963-50-556-2