

# Currant Jelly

## Ingredients

- 2 kg/4.4 pd red currants
- 300 ml/1 ¼ cups water
- 500 g/2 ½ cups sugar
- 2 packets Gelfix 2:1 (pectin mix for 2:1 fruit-to-sugar ratio)



## And This Is How It Works

- First puree the currants with a little water.
- Then pass the fruit purée through a fine sieve and collect the juice.
- Mix the sugar and Gelfix thoroughly in a bowl.
- Pour the currant juice into a pan, stir in the sugar and Gelfix mixture and bring to the boil, stirring once.
- Allow the juice to boil for three minutes.
- Then pour immediately into prepared and sterilized jars, seal and leave to cool.

## Make Your Own Currant Sirup



### Ingredients

- 1.5 kg/3.3 pd currants (with stems)
- 330 ml/1 ⅓ cups water (approx. 1/3 of the purée)
- 500 g/2 ½ cups sugar

### And This Is How It Works

- Pass the currants with stems through the slowjuicer or blender.
- Dilute the resulting purée with approx. one third water (based on the amount of purée).
- Add the sugar - use a maximum of two thirds of the original amount of purée to prevent gelling.
- Bring everything to the boil for 10 minutes.
- Pour hot into clean twist-off bottles and seal immediately.

# Currant Muffins

## Ingredients

For the dough:

- 120 g/1 cup white or wholemeal flour (wholemeal adds a nutty flavour)
- 3 level tbsp (25 g / 0.9 oz) cornflour
- 2 tsp baking powder
- 1 pinch salt
- 100 g/1 cup ground almonds
- 1 tsp grated orange zest
- 2 eggs
- 90 g/½ cup minus 1 tbsp sugar
- 125 g/9 tbsp soft butter
- 125 g/½ cup yoghurt
- 200 g/1 ½ cups currants

Optional for crumble:

- 70 g/½ cup + 1 tbsp white flour
- 45 g/3 ½ tbsp sugar
- 65 g/4 ½ tbsp softened butter
- 1 tsp cinnamon (optional)



## Preparation

- Mix the flour, cornflour, baking powder, salt, almonds and orange zest well in a bowl.
- In a second bowl, mix the eggs, sugar, butter and yogurt until creamy.
- Add the dry ingredients to the egg and butter mixture and stir just until all the ingredients are moistened.
- Carefully fold in the currants.
- Pour the batter into muffin tins.
- For the crumble (optional), knead the flour, sugar, butter and cinnamon with your hands until crumbly and spread over the batter.
- Bake in a preheated oven at 180 °C/356 °F top/bottom heat for 20-25 minutes.

## Currants On Ice



### Ingredients

- 100 g/3.5 oz frozen blackcurrants
- 50 ml/3 ½ tbsp milk of your choice (e.g. cow's milk, oat, almond or soy milk)
- cane sugar or sweetener to taste

### And It's That Simple

- Place the frozen currants, milk and the desired amount of sugar or sweetener in a tall container.
- Blend with a hand blender or immersion blender until the mixture is velvety and smooth.
- Pour into a glass and enjoy immediately.