

Three Fruit Marmalade Masterclass Recipe

To make around 2kg you will need 700-750g combined weight of grapefruit, lemons and oranges. Weigh out one medium grapefruit, two small lemons and 2 small oranges (fresh sweet oranges or frozen bitter oranges). Also weigh out 1.4kg granulated cane sugar.

Cut the fruit in half and juice all of it. Remove the membranes from inside the fruit, using a small sharp knife. Do not remove the pith. Finely chop the membranes. I use a mini chopper to blitz mine in seconds. Add the chopped remains, plus any pips to a square of muslin 34cm square. You will need thin cotton muslin, often known as butter muslin. I buy mine by the metre from a fabric shop. Put the chopped pith and pips on to the square of muslin. Tie it up with string, and make sure it's not a tight bag. You need a roomy bag with space for the water to get inside and soften the contents. This is your pectin bag, essential to help the set later on.

Quarter the oranges and lemons. Divide the grapefruit into 8. Slice the peel with a sharp knife. The finer the shred, the more pectin is released during cooking. After shredding all the peel, you will have a muslin bag of chopped pith and pips, the shredded peel and the fruit juice.

Remove the lid from your pan, one that has a volume of 6-8 litres, preferably stainless steel. Weigh the empty pan and record the weight. Put the muslin bag in the pan. Add the fruit juice, shredded peel and 1.75 litres of cold water. Leave the pan overnight to soak.

The next day, bring the lidded pan to the boil then turn the heat down to a gentle simmer. After 2 hours, squeeze out the muslin bag through a sieve with all the liquid going back into the pan. Discard the bag and set aside the lid. By now the mixture in the pan should have reduced by a third.

Check the weight of the cooked fruit in the pan. Put a heat resistant mat or a trivet on a flat set of digital scales and zero the scales. Then weigh your pan, it should display the weight of the empty pan you recorded earlier plus 1.25kg of cooked fruit. For example, my pan weighs 1.94kg. I look for a weight of 1.94kg plus 1.25kg, a total weight of 3.19kg. If the weight is much higher, continue to simmer and check the weight every 5 minutes.

Do a pectin test by taking a teaspoon of the cooked liquid, pour it into a ramekin and add one tablespoon of methylated spirit. Swirl around the contents of the ramekin and look for a large jelly like clot, a sign there is a good amount of pectin in the pan. Discard the contents of the ramekin.

Warm the sugar in an ovenproof bowl for 20 minutes at 120C.

Dissolve the sugar in the pan and then boil rapidly for 8 minutes. Test for a set using the flake test. Scoop a little of the marmalade out of the pan on to the spoon. Hold the spoon horizontally and look for a flake of marmalade suspended on the side of the spoon, which should happen within 10 minutes of boiling. Alternatively use a digital thermometer to check the temperature has reached 104.5C

As soon as setting point is reached turn off the heat and leave the marmalade to rest for 10 minutes. During that time a skin will form on the surface of the marmalade. Remove any scum with a skimming spoon. If you want to add a spirit to the marmalade, pour 70ml into the pan, I like to use Whisky. Gently stir the marmalade to distribute the peel and any spirit if added. Pour the marmalade into jars and seal immediately with new lids. Leave the jars upright and undisturbed to set.