

Herb: Preserve It!

Lime Mint Jelly

Yield: about 10 half-pints

4 to 5 limes
3.5 ounces mint leaves and stems
4-1/4 cups water
7 cups granulated sugar
3 pouches liquid pectin
4 tablespoons Crème de menthe liqueur

1. Zest limes; measure 3-1/2 teaspoons lime zest. Cut limes in half, squeeze juice; measure 1/2 cup lime juice.
2. Wash mint, removing any brown leaves; discard stems and bottoms. Chop mint until it resembles tea leaves. Combine lime zest, mint and water in a stainless steel saucepan.
3. Bring to a boil, reduce heat and simmer 15 minutes. Turn off heat, cover and let steep 20 minutes.
4. Pour mint infusion through a damp jelly bag or damp cheesecloth-lined sieve to collect juice. For clear jelly, strain 2 to 3 times through dampened triple-layer cheesecloth .
5. Combine mint juice, sugar, mint liqueur and lime juice in a deep stainless steel saucepan; bring to a rolling boil; boil very hard 1 minute. Remove from heat, add liquid pectin and stir 1 minute.
6. Pour hot jelly immediately into hot jars, leaving 1/4-inch headspace. Wipe rims with a dampened clean paper towel; adjust two-piece metal canning lids.
7. Process in a boiling water or atmospheric steam canner for 10 minutes at 0-1,000 feet elevation, 15 minutes at 1,001-3,000 feet, 20 minutes at 3,001-6,000 feet, 25 minutes at 6,001-8,000 feet, and 30 minutes at 8,001-10,000 feet.

Source: freshpreserving.com, 2018



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