



## Kiwifruit

### RECIPE: Kiwifruit Jam

#### Ingredients

10 skinned and diced kiwifruit (yellow or green or a mixture).  
2 cups sugar approximately (equivalent amount to kiwifruit).

#### Equipment

Large metal pot (stainless steel if you have it).  
Clean jars and lids (or clean plastic containers).  
Cellophane/greaseproof paper or glad wrap.  
Rubber bands.

#### Method

Put kiwifruit and sugar into the large pot. Turn on to a low heat and stir until starting to bubble. Boil for 10 minutes. Turn down to a simmer and put on a well fitting lid. Simmer for approximately 30 minutes, stirring occasionally, until the kiwifruit pieces have broken down and the jam is smooth and one consistency. In the meantime clean the jars in hot soapy water and rinse under hot water. Without touching the inside place on an oven tray. Place tray into a cool oven, 150°C for 15-20 minutes until the jars are dry.

When the jam is thick and sticky it is ready to be poured into the jars. If you have a funnel use this to ensure the jam gets into the jars and be very careful of any spillages as hot jam can burn. Once you have filled all the jars let the jam cool for five minutes. When the jam has a skin on top cover the jam with a circle of cellophane greaseproof paper or glad wrap, make sure the jam is completely covered. Seal with a rubber band and a lid (if you have them). Put them on the shelf to look pretty. If you do not have jars put the jam in very clean plastic containers and keep it in the fridge until you are ready to use it.

#### Serving suggestions

- Put a spoonful on top of your weet-bix or porridge in the morning
- Use your kiwifruit jam in a marinade for your favourite roast or BBQ meat
- Spread peanut butter over your morning toast and top with kiwifruit jam
- Spoon over the top of yoghurt or ice-cream for a delicious dessert.



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