

Dried Fig and Apricot Jam

published in Freewheelin' September 2004

by Kathy Stedwill

(from: Food Fit for Pharaohs, by Michelle Berriedale-Johnson)

This conserve is easy to make and travels well in a plastic container. I like a spoonful of this treat best stirred into yogurt, but it is delicious on bread, stirred into cooked cereal or as a topping for vanilla ice-cream.

8 oz dried figs (stems removed)

Juice of ½ lemon

8 oz dried apricots

2 Tbsp. Pine nuts

8 oz granulated sugar

2 oz chopped walnuts

½ Tsp. aniseed (optional)

Roughly chop the figs and apricots. In a 3-quart saucepan add the sugar and lemon juice to 1½ cups water. Bring to a boil and boil for a minute or two until the sugar is thoroughly dissolved. Add the fruit and simmer gently, stirring frequently, about 30 minutes, or until the fruit is quite soft and juices have thickened sufficiently to coat the back of a spoon. Add aniseed (if using), pine nuts, walnuts and stir thoroughly. Cook together for a few minutes. Pot the conserve into warm, sterilized jars with tight fitting lids.