

Heavenly Marmalade

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*8 peaches
4 pears
3 oranges
3 lemons
6 apples
6 pounds sugar*

Wipe the lemons. With a paring knife, remove the outer rind from the lemons (not the white part). Cut into strips or grate.

Remove the edible fruit meats from the oranges and lemons. Discard the seeds and white part.

Place the meat of the fruit and the prepared rinds in a bowl. Cover with water. Set aside overnight.

On the next day, bring to a boil. Simmer gently until tender.

Remove the skins and the pits from the pears, peaches and apples. Cut into cubes. Add to the lemon mixture.

Transfer the mixture to a saucepan. Bring to a boil. Add the sugar gradually, stirring until dissolved. Simmer gently, stirring frequently. Cook gently until the mixture thickens as for jam.

Per Serving (excluding unknown items): 11979 Calories; 7g Fat (0.5% calories from fat); 15g Protein; 3100g Carbohydrate; 65g Dietary Fiber; 0mg Cholesterol; 32mg Sodium. Exchanges: 24 Fruit; 182 1/2 Other Carbohydrates.