

October 31, 2014



Autumn Glory Compote
By Monique Wilber
UCCE Master Food Preservers of El Dorado County

This autumn compote is a delicious change of pace from eating pumpkin pie, but still evokes the flavors of the harvest, and this tested recipe is safe for boiling water canning. Eat this delicious compote as-is, or serve as a condiment with meat or tofu, or heat it up and top with vanilla ice cream or whipped cream for a delicious homemade dessert.

AUTUMN GLORY COMPOTE

2 cinnamon sticks(each about 4 inches) broken into pieces
5 cups cubed, seeded, peeled pie pumpkin ($\frac{3}{4}$ inch cubes)
5 cups cubed, peeled, fresh pineapple ($\frac{3}{4}$ inch cubes)
Grated zest and juice of 2 lemons
1 cup coarsely chopped dried apricots
1 cup golden raisins
2 $\frac{1}{2}$ cups granulated sugar
 $\frac{1}{2}$ cup water

Prepare canner, jars and lids. Tie cinnamon stick pieces in a square of cheesecloth, creating a spice bag. In a large stainless steel saucepan, combine pumpkin and pineapple. Add lemon zest and juice, apricots, raisins, sugar, water and spice bag. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently, stirring constantly, until heated through, about 5 minutes. Discard spice bag.

Pack hot pumpkin mixture into hot jars to within $\frac{1}{2}$ inch of top of jar using a slotted spoon. Ladle hot syrup into jar to cover pumpkin mixture, leaving $\frac{1}{2}$ inch headspace. Remove air bubbles and adjust headspace, if necessary, by adding hot syrup. Wipe rim, center lid on jar, screw band down until resistance is met, then increase to fingertip tight. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 25 minutes adjusting for altitude.

Yield: four pint jars.

Source: Ball Complete Book of Home Preserving

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While UCCE Master Food Preserver public classes have ended for the season in El Dorado County, monthly classes continue in Amador and Calaveras counties. Check out their schedule at <http://ucanr.edu/mfpcs>. UCCE Master Food Preserver of El Dorado County free public classes will resume next summer.

UCCE Master Food Preservers are also available to answer home food preservation questions; leave a message at (530) 621-5506. For more information about the public education classes and activities, go to the UCCE Master Food Preserver website at http://ceeldorado.ucdavis.edu/Master_Food_Preservers/. Sign up to receive our international E-Newsletter at <http://ucanr.org/mfpnews/>. Find us on Facebook too (UCCE Master Food Preservers of El Dorado County)!