

Filipino Guava Jelly Recipe

Ingredients:

2 kg slightly under-ripe guavas
4 green cooking apples
sugar
lemon juice

Method:

Wash fruit and cut into quarters. Put into a large saucepan with just enough cold water to cover. Cook, uncovered, until fruit is soft and loses its color, at least 1 hour. Strain through 2 or 3 layers of muslin or a jelly bag. Do not squeeze or the jelly will not be sparkling and clear. Wet the cloth and wring it out before pouring fruit into it, or a lot of juice will be absorbed by the cloth. Measure the strained juice and cook no more than 4 or 5 cups at a time. Allow 3/4 cup sugar to each cup of juice. Bring juice to the boil, and warmed sugar and about 2 tablespoons strained lemon juice and stir until sugar dissolves. Now cook jelly without stirring, skimming off any froth that rises to the top, until jelly will set. To test, take a spoonful of the liquid, cool slightly and pour back into pan from the side of the spoon. When it no longer runs off in a steady stream but thickens and 'sheets' as it falls, it is ready. Pour jelly into sterile jars and cover with a thin layer of melted paraffin.

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