

Carrot jam



Preparation time 10 minutes

Cooking time 30 minutes

3 jars of jam

Ingredients

1kg carrots, peeled and coarsely grated

zest of 1 medium lemons

zest of 1 large orange

850g sugar

cinnamon sticks 2

tsp ground cardamom 1

30g slivered pistachios

To make

Place sugar and carrots in a saucepan and add half a water and bring to boil. Let it simmer on a medium heat for 30 minutes. Add the zests, cinnamon sticks, cardamom and slivered pistachios

Leave to cool for 15 minutes, then ladle into 3 small, sterilised jars and keep them in the fridge