

heute gibt es...

Bananenmarmelade



Ingredients(For about 5 glasses à 200ml)

- 1kg peeled banana
- 2 lemons
- 500g gelling sugar 2:1

Preparation:

1. The bananas with a hand blender puree coarsely. Here you can decide whether pieces should be in your own jam.
2. The lemons and squeeze the juice along with the jam sugar to the bananas.
3. The whole in a saucepan, bring to a boil and simmer for 4 minutes.
4. The jam still fill hot into sterile jars.
Important: Make sure that the jars are sterile, otherwise there is a danger that you moldy jam with time. I boil the jars and lids for a few minutes in water.
Whether it upside down on a clean dish towel to dry the jars before filling or let the jam here is no matter fills directly.
5. After filling, the sealed bottles for about 5 minutes headfirst off.
6. Then turn it round again and let them stand. On cooling, a slight vacuum should now arise, what can be seen from the fact that the cover with a "Plop" a little bend inward.
Whether this has worked, you can easily check by her simply presses lightly on the lid. If it does not pull inwards, and everything is in order and you can safely store the jam for several months.



