

Quince Jam – Recipe



The **quince** is the sole member of the genus *Cydonia* in the family Rosaceae (which also contains apples and pears, among other fruits). It is a deciduous tree that bears a pome fruit, similar in appearance to a pear, and is bright golden-yellow when mature. The raw fruit is a source of food.

The tree grows 5 to 8 meters (16 to 26 feet) high and 4 to 6 m (13 to 20 ft) wide. The fruit is 70 to 120 mm (3 to 4 ½ in) long and 60 to 90 mm (2 ½ to 3 ½ in) across.

The immature fruit is green with dense grey-white fine hair, most of which rubs off before maturity in late autumn when the fruit changes color to yellow with hard, strongly perfumed flesh. The leaves are alternately arranged, simple, 60–110 mm (2 ½–4 ½ in) long, with an entire margin and densely pubescent with fine white hairs. The flowers, produced in spring after the leaves, are white or pink, 50 mm (2 in) across, with five petals.

Quinces are appreciated for their intense aroma, flavor, and tartness. However, most varieties of quince are too hard and tart to be eaten raw; even ripe fruits should be subjected to bletting by frost or decay to be suitable for consumption. However, they may be cooked or roasted and used for jams, marmalade, jellies, or pudding.

Not too many people know this fruit, even in Israel, it is most common among Jews from Morocco and from Iran and since the first fruits appear around Rosh Hashanah, some people make jam out of this fruit, sweet jam with cinnamon, which is symbolic for a good sweet year

For me, this jam is a taste of childhood, a taste of home, we always had that for Rosh Hashanah meal and so I want to include a recipe for a jam made out of this fruit

It's going to be a hard work, but it is so worth it – Enjoy !

Ingredients

5-6 big quinces (based on size, probably around 3 lbs.)

Brown or white sugar (about half the weight of the quinces)

- Usually the quantities are same weight of fruit and sugar for a good jam, however, I don't like it too sweet and so I only use about half the amount of sugar, feel free to adjust the sugar level as per you preferences and how sweet you want it to be

Cinnamon (as per your taste)

Zest from one lemon (not obligatory)

Juice from one lemon (not obligatory)

One lemon without the pill and sliced very thin (not obligatory)

- My mother doesn't add the lemon at all, I do, I like the added taste, it's up to you

Honey or Dates Honey (few spoons for taste, not obligatory)

Water where you cooked the quinces (3/4 of the height of the fruits)

Preparation

The problem with this fruit is that it is very hard and so it is very hard to cut, slice and peel. I'm using a shortcut that I realized helps me a lot and makes it easier to handle. I also don't peel the fruit and make the jam with the peels, it even gives a better color when it's cooked with the peel.

The main thing, like with any kind of jam you make, is slow cooking until no liquid is left and the jam forms. The amount of sugar is important, but as I said, if you don't like it too sweet (like me), you can reduce the amount of sugar to even half (or less) than the amount of the fruit.

Boil water and cook quince for about 30-45 minutes till you can insert a fork in it

Keep the cooking water

Cool quince, cut in quarters and remove the hard part in the middle (sort of like an apple)

Slice each quarter to 3-4 pieces (again, like you do with an apple)



Put into a cooking pot big enough to hold all, put sugar, honey (if you use it), lemon Juice, lemon slices and lemon zest and add cinnamon to taste (be careful, cinnamon has a very strong dominant taste)



Cover with the cooking water you used to cook the quince till $\frac{3}{4}$ height

Boil

Keep cooking on low flame with an open cover till all liquid evaporates and jam forms



ENJOY

