

APPENDIX

Final Recipe

Papaya Jam

Ingredients

- 1 kilogram papaya pieces
- 600 grams sugar
- Vanilla as necessary
- 3 limes

Instructions

1. To prepare the papaya cut into half and quarter and scrape out and discard the seeds and strings with a spoon. Cut and discard the peel as well. Cut the papaya into one inch sized pieces.
2. Place the papaya pieces in a bowl and add the sugar, vanilla, juice of 3 lime and the previously washed lime skin. Mix the content, cover with a lid and keep for 12 hours or more in the fridge. Stri the content every few hours. This will help the fruits to incorporate with the sugar better. If you are in a hurry, you can skip that step.
3. After the fruits have been resting, place everything into a pot and cook on low heat for about 25 minutes. Keep on stirring frequently!
4. Increase the heat and bring it to a rolling boil (lot of bubbles and foam are an indication). Remove from the heat.
5. Test if the jam is set by dropping some jam on a cold plate. If the jam runs, it needs some more cooking time.
6. With a sterilized clean spoon and masher, pick out the lemon peels and mash the papaya. I like to have a few fruit bits left in my jam for some texture.
7. Prepare your jars and lids by sterilizing in boiling water and pour some rum into the lid. Place your jam into the jars, close and turn them upside down for a while. Store in a cool and dry place.