

Cerridwen's Cauldron



Inspired Recipes



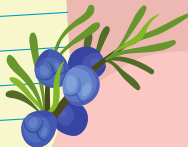
Dark Cherry Juniper Jam

INGREDIENTS

- 1 Large Apple or 2 small apples
- 1 teaspoon Juniper Berries
- 80 g Dark Cherries (dried)
- 73 g Sugar
- 1 Cinnamon stick
- 250 ml Water

DIRECTIONS:

1. Clean apple (s), core, and slice
2. Crush juniper berries
3. Combine all ingredients in a saucepan
4. Bring to a boil and reduce heat without the lid
5. Stir, and heat on low until it thickens
6. Pass fruit through a sieve
7. Store in a glass container in the refrigerator for up to 60 days
8. Label and date container.



Recipe Created by Cerridwen Priestess Chef

Sadie Laurenti Whitley 2022

Notes from Priestess Chef Sadie:

Organic ingredients were used to make this jam. Why do I love making jams? I love using apples because of the pectin which is all-natural and it adds to the flavour of the jams. It also adds fibre, which is good for the digestive system as well as lowering cholesterol. The Apple is a sweet reminder of Avalon.

Dark cherries used in this recipe are dried Bing Cherries. They were grown in the Pacific N.W. where I live in America. The cherries were dried in the oven to preserve for the winter. If you do not like cherries, you can use any berry of your choice as well as dates (reduce sugar if using dates).

Juniper is a diuretic and it helps release toxins. In Cerridwen's wheel, we honour Juniper in Her season, which was the inspiration to create this delicious jam. Enjoy this jam on a slice of soda bread (photographed) or your favourite bread.

**Soda Bread baked by me from the recipe of one of the cookery schools in Ireland
Ballymaloe Cookery School**

Bread represents family, sharing, community and abundance. May you always have a slice of bread filled with delicious jam and a heartfelt of [Gratitude]. Blessed Be.