



Menu du Jour

25 Jan 06

Cranberry-Habanero Jelly

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Although a bit of effort to prepare, this sweet and hot jelly goes well poured over a brick of cream cheese or just atop some crackers. It is also good when melted and used as a glaze for chicken or pork. Use caution to avoid breathing the vapors while processing or cooking the peppers. Be sure to wear food-safe gloves when handling habanero peppers and wash hands, knives, and cutting boards thoroughly with hot water and soap. Do not touch eyes, nose, mouth, or other sensitive body parts when handling peppers.

17 to 20 Habanero peppers (about 1 cup diced)
1 1/2 to 2 large red bell peppers (about 2 cups diced)
1 1/2 cups white vinegar
1/2 cup whole cranberries, fresh or frozen
1/2 cup dried, sweetened cranberries (Craisins[®])
7 cups granulated sugar
1/3 cup fresh lemon juice
3 ounces liquid fruit pectin (1 pouch Certo[®])

Wearing food-safe gloves, stem, seed, and dice habanero peppers. Seed and dice the bell peppers. Process peppers in a food processor or blender until minced. Add the vinegar and continue processing until smooth.

Heat a 6 1/2-quart stockpot over medium-high heat. Add the pepper slurry, and the whole and dried cranberries. Cook, simmering and stirring often, until the whole cranberries burst, about 6 to 8 minutes. (Do not breathe the vapors!) Remove from heat. Use an immersion blender or food processor, purée until smooth.

Return stockpot to heat, add sugar and cook, stirring, until the sugar is dissolved. Add the lemon juice. Reduce heat to medium-low and simmer, stirring frequently, for 20 minutes. Increase heat to medium-high and bring the mixture to a rolling boil, add pectin, and, while stirring constantly, cook for 1 minute. Remove from heat, ladle into sterilized containers, and process containers in a hot water bath for 10 minutes. (Makes 6 to 7 (8-ounce) jars)

Chef's note: If more heat is desired, add 5 to 10 finely minced Thai bird chiles to the habaneros and red bell peppers.



Cooking & Presentation



Habanero and Red Bell Peppers



Cooked Jelly, Ready For Canning



Canned & Ready For Storage