

NINO'S MARKET FRESH PRODUCE RECIPE



Honeyed Kumquat (Nagami) Marmalade



Makes Approximately 4 Cups

Kumquats have been called “the little gold gems of the citrus family”. There are four varieties (species) of Kumquat. The **Nagami** or Oval Kumquat (*Fortunella margarita*) is the most common variety in the United States. It was introduced into Florida from Japan in 1885 and has been grown commercially in the “Kumquat Capital”, Saint Joseph, Florida since 1895. Kumquats have a very distinctive taste. It is the only citrus fruit that can be eaten “skin and all”. The peel is the sweetest part and can be eaten separately. The pulp contains the seeds and juice, which is sour. When eaten together, you get a sweet and sour taste which is unlike anything else. The seeds, however, should not be eaten. They can simply be removed after cutting the fruit open.

6 cups	Water	2 Tbsp.	Lemon Juice
12 each	Kumquats	2 ¼ cup	Honey
1 each	Orange (medium size)	1 Pinch	Salt

Method:

De-seed and thinly slice the kumquats (1/8th inch) to measure 1 cup. De-seed orange and slice the orange peel (1/4 inch by 1 inch pieces) and chop the orange pulp to measure ¾ cup. Add the water to the fruit, cover, and let stand overnight. Bring to a boil and cook until the orange peel is tender. Add the honey and stir occasionally until it dissolves. Resume the rapid boil and cook about 45 minutes until the mixture reaches the gel point (217 F). Stir occasionally to prevent scorching. Spoon into hot *sterilized jars* to within ½ inch from top. Complete seals and process for 10 minutes in a boiling-water bath. (Review your standard canning procedures.) This Marmalade can be enjoyed as a delicious breakfast spread on your favorite toasted bread or on muffins and biscuits.