

PRESERVERING GROENVYE KONFYT

1kg Groenvye	1,25 kg Suiker
4 Vyeblare	1,5 liter Water
30 ml Sout	20 ml Suurlemoensap
15 ml Aluinpoeier	0,5 ml Gliserien

METODE:

Plaas vye, met steeltjies aan, in kastrol kookwater waarby sout, aluin en blare gevoeg is. Kook tot goed sag. Gebruik 'n vuurhoutjie om te toets. As die vuurhoutjie maklik deur die vrug steek, is dit sag genoeg. Harde vrugte kook nie in stroop sag nie. Haal uit en plaas in yswater. Koel vye vinnig af sodat dit hanteer kan word. Sny kruis aan onderkant in en druk die water versigtig uit. Gooi in kokende stroop. Stroop moet aanhou kook terwyl vrugte bygevoeg word. Kook vir 2 ure tot vrugte deurskynend en stroop helder en dik genoeg is. Haal vye uit en plaas in 'n gesteriliseerde fles (heuningfles grootte). Bedek met stroop en verseël. Maak fles mooi skoon as afgekoel, plaas etiket op.

Maak die stroop terwyl die vye sag kook.

Roer suiker, water, gliserien en suurlemoensap goed tot suiker opgelos is, voordat die stroop kook. Maak seker die kante van kastrol is ook mooi skoon, om kristallisatie te voorkom.

WENKE:

Groenvye is wanneer vrug goed uitgeswel is, maar nog nie die ryp kleur vertoon nie. Eerste drag vrugte lewer die beste resultate. Vleis is dik, sade nog nie ten volle ontwikkel nie en die vrug is nie hol nie. Kan ook kyk na die blomogie aan onderkant, as dit oop maak is die vye reg. Kook vrugte sag in water, nie pap nie, voordat dit in die stroop kom, anders sal die vrugte hard en taai wees en selfs inkrimp. Vyeblare - by die sag kook van die vrugte bring dit die geur uit en help dat vye mooi groen kleur behou. Gliserien by vrugte maak dit blinker. Moet nooit roer solank die konfyt kook nie – dit laat die stroop maklik versuiker.

Kook die stroop heeltyd, maar stadig, anders verdamp die stroop te vinnig en is dit dik voordat die vye deurgekook is. Stroop moet helder wees. As vye bo-op dryf, is dit reg om te bottel.

PUNTETOEKENNING

VOORKOMS	30%	SMAAK EN TEKSTUUR	70%
Vye nie groen of sag gekook nie.		Laer punt	
Stroop nie helder		Laer punt	
Vye nie deurskynend of vol stroop nie		Laer punt	
Vye of stroop gekristalliseer		-5 %	
Fles nie geseël of het kim op		Diskwalifikasie	
Foutiewe fles		-5 %	

PRESERVING GREEN FIG JAM

1 kg green figs	1,25 kg sugar
4 fig leaves	1,5 litre water.
30 ml Salt	20 ml lemon juice
15 ml Alum powder	0,5 ml glycerine

METHOD

Place figs with stem on in a pot of boiling water, to which salt, alum and fig leaves have been added. Cook till soft. Use a match to test – if it passes through the fig with ease, it is soft enough. Fruit that is too hard will not soften when cooked in syrup. Remove the fruit from the boiling water and place in ice water. Cold fruit handles easier than warm fruit. Cut a cross at the bottom and press the water out carefully.

Add fruit to boiling syrup. Syrup should continue to boil while adding fruit.

Cook for 2 hours until fruit is translucent and syrup clear and thick enough.

Remove figs and place in a sterilized jar (honey jar size). Cover with syrup and seal. Clean jar properly when cool, add prescribed label.

Make the syrup while the figs cook gently.

Stir sugar, water, glycerine and lemon juice well until sugar is dissolved, before the syrup boils.

Make sure the sides of saucepan are clean, this will prevent crystallization.

TIPS:

Green figs are when fruit is well swollen but not yet showing the ripe colour. First crop fruits give the best results. Flesh is thick, seeds not yet fully developed, and the fruit is not hollow. Can also look at the husk at the bottom: if it opens the figs are ripe enough.

Cook fruit till soft but not too soft in boiling water, before adding to boiling syrup. Hard, uncooked fruit will stay hard and tough and could shrivel.

Fig leaves — when cooking the fruit, leaves enhance the flavour and helps figs maintain a nice green colour. Glycerine makes fruit it shinier. Never stir as long as the jam boils - it allows the syrup to sugar coat easily.

Boil the syrup all the time, but slowly, otherwise the syrup will evaporate too quickly and will be thick before the figs have been boiled through. Syrup should be clear. If figs float on top, it is ready to bottle.

ALLOCATION OF MARKS

APPEARANCE 30%

TASTE AND TEXTURE 70%

Figs neither green nor soft cooked.

Lower marks

Syrup not bright

Lower marks

Figs not translucent or full of syrup
Figs or syrup crystallized
Jar not sealed or
Faulty jar
No or faulty label

Lower marks
-5 %
Disqualification
-5 %
-5 %