

# MOSTARDA DI FRUTTA



**Rosie's Preserving School**  
PRESERVING PRESERVING

## Equipment List

Large pan: jam pan or large saucepan

Wooden spoon

Sharp knife

Chopping board

Measuring jug

Jam funnel

Spatula

Teaspoon

Scales

Don't forget lids to fit your jars and some labels  
- large jars are ideal for this or the spring clip  
preserving jars

For this recipe you will need 10-12 250ml jars  
with lids, or 8-10 300ml

\*\*\*\*\* PLEASE NOTE \*\*\*\*\*

There is an instruction in BOLD overleaf - if you  
are cooking along please prepare this before  
the workshop

*Don't stress about getting the equipment right or if you don't have certain bits of kit - there is always a way round it! The workshops will be relaxed and there is almost nothing you could come up with that hasn't been solved before - the aim is to enjoy it!*

*Rosie*



## Ingredients

Mustard, dry powder	230g/8oz
Sugar, light soft brown	230g/8oz
Vinegar, red wine	600ml/1 pint
Apricots, dried ready-to-eat	230g/8oz
Figs, dried ready-to-eat	230g/8oz
Raisins	230g/8oz
Cherries, glace	230g/8oz
Apples, dried rings	115g/4oz
Ginger, stem in syrup	8 pieces
Sea salt	2 tsp

## Method

Wash and rinse your jars and place in a warm oven to dry and sterilise

Put 600ml/1 pint cold water into a jug or bowl and add the mustard powder. Stir until combined and smooth. Cover, and leave to one side for 1 hour

Prepare all of the fruits by chopping - but not too finely. This preserve should be chunky

Put the sugar and vinegar into a preserving pan and stir to dissolve the sugar - place over a low heat to help this process

Gradually increase the heat until the mixture is boiling for a few minutes then take off of the heat

Add the fruit mixture to the pan, together with the mustard mixture and the salt

Stir to combine, then place back onto a medium heat and stir the mixture until thickened

Remove from the heat and spoon into the warm, sterilised jars, making sure there are no air pockets. Seal immediately

It is best to leave for at least 6 weeks before using to allow the flavours in this delicacy to develop fully.

For more delicious recipes and inspiration visit  
<https://recipes.rosiemakesjam.com>