

MICROWAVE MARMALADE

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| Season: | Winter |
| From the garden: | Grapefruit |
| Type: | Breakfast condiment |
| Difficulty: | Easy |
| Serves: | Makes several jars |
| Source: | Kyle Windust (aged 11, Coatsville school, Albany, Auckland) |

Equipment

- Peeler
- Chef's knife
- Paring knife
- Chopping board
- Fork
- Large, microwave-safe bowl
- Measuring cups
- Mixing spoon
- Dinner plate
- Side plate
- Spoons
- Jars with lids

Ingredients

- * 3 medium-sized grapefruit (pink or yellow)
- * 2 cups white sugar, or a weight equal to the peeled weight of the grapefruits (about 1 cup sugar for each cup of chopped grapefruit).



Method

Some grapefruit marmalade recipes require you to soak the rinds overnight to soften them up. I've found that 20 minutes in the microwave softens them up just fine.

1. Use a peeler to peel the thin, yellow, outer layer (zest) from the grapefruits. Slice the zest into thin strips and set aside.
2. Using a knife, carefully slice off all the white pith from the grapefruit and discard it. Make sure you do a good job getting rid of the white pith, because it tastes bitter.
3. Cut the grapefruit into halves and carefully remove seeds with a fork.
4. Chop the juicy bits finely (removing any additional pips) and measure how many cups you get, then put them to a large, microwave-safe bowl, along with the zest. Depending on the size of your grapefruits, the juicy bits should come to about 2 cups worth.
5. Add one cup sugar for each cup of chopped grapefruit.
6. Microwave on high for 20 minutes, uncovered, stirring every few minutes. Placing the bowl on a dinner plate will make it easier to put in/out of the microwave when it's hot. If you used yellow grapefruit, you will see the color change from yellow to a beautiful deep orange at about the 10 minute mark.
7. To test whether marmalade has reached setting point, smear a little bit onto a cold plate and let it cool to test the consistency. If it's not thick enough yet, then microwave it for another 5 minutes or so.
8. While marmalade is in the microwave, prepare some clean jars by pouring boiling water over them to sterilise them.
9. When marmalade is ready, ladle it into the jars, up to ½ inch from the top. Put lids on jars, and turn jars upside-down for 5 minutes to seal and sterilise the lids. Then turn upright and let cool.

Fun facts: Grapefruit (*Citrus x paradisi*) is a subtropical citrus fruit known for its sour to semi-sweet, somewhat bitter fruit. Grapefruit is a hybrid - an accidental cross between the sweet orange and the pomelo.

Grapefruit gets its name because of the way the fruit hangs in clusters on the tree - rather like a bunch of grapes.

The fruit is yellow-orange skinned but the flesh can be white, pink, and red (generally, the redder varieties are the sweetest)

Grapefruit is a rich source of vitamin C

China is the top producer of grapefruit

People taking drugs or medications often need to be careful about how much grapefruit they consume as it can affect the absorption of their medication

