

Apricot and Honey Conserve

Ingredients

225g honey

225g apricots

4 tsps lemon juice [the saxons would have used crab apple juice]

½ tsp cinnamon

2 tsps mead or white grape juice

Method

1. De-stone the apricots and cut into slices
2. Mash the apricots or use a food processor
3. Add the rest of the ingredients and mash or process until smooth
4. Pour into sterilized jars or pots and cover well.

This recipe made about 4 jars but please note that it is the alcohol that preserves the jam so if you are using grape juice instead of mead keep it in the fridge and use it within a fortnight.

It can be served on toast or with a dessert or a yoghurt.