



# Lilly Pilly jam

## Equipment

Bowl

Scales

Measuring cups

Blender

Spatula

## Ingredients

1 cup lilly pilly berries

2 cups water

1 cup sugar

*Lilly Pilly trees are native to the East Coast of Australia and carry striking pink edible fruit. The fruit matures from December to February, being a pear shaped red berry, known as a Riberry. This vitamin-C rich fruit formed part of the diet of coastal Aboriginal communities.*

## What to do

### Step 1: Pre-boil fruits

Simmer the Lilly pilly berries in water for thirty minutes, to soften the fruit and release the pectin, which helps the jam to set. The colour of the lilly pillys will change at this point, but the jam will still turn out a lovely pink in the end.

### Step 2: Combine and finish

Add the sugar and let it dissolve, stirring occasionally as you bring it to the boil. (You can remove the seeds at this stage or leave them in the jam for extra added chew.)

The Lilly Pilly jam will begin to set after about fifteen minutes of boiling. When the jam has reached setting point, pour it into sterilised jars. Seal and label the jars when they are cooled.



Source: [www.kidrecipes.com.au](http://www.kidrecipes.com.au)