

Fig Jam



Serves	3 cups
Prep time	8 hours, 30 minutes
Cook time	1 hour
Total time	9 hours, 30 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Preservatives
Suitable for	RPAH Elimination Diet – Very High Chemical , Salicylates & Amines
Meal type	Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Website	Taste.com

Ingredients

- 1kg ripe figs (washed, ends trimmed and roughly chopped)
- 500g castor sugar
- 1 vanilla bean (split)
- 1 cinnamon stick
- juice of 1 lemon
- pared rind of 1 lemon

Directions

1. Place all the ingredients in a bowl and stand covered overnight at room temperature.
2. Transfer the ingredients to a large pan and heat gently. Stir until the sugar is dissolved.
3. Bring the mixture to the boil, then simmer over low heat for 45 minutes, stirring regularly, until thick and mushy.
4. Gently mash the figs with a potato masher to break them up.
5. Remove the vanilla pod, cinnamon stick and rind. Pour into sterilised jars.

Note

Very High Amines and Salicylates, Low Glutamates