

CRANBERRY AND ORANGE MINCEMEAT

Makes up to 1kg of mincemeat

Mincemeat is traditionally made a few months in advance of Christmas, sealed in jam jars and left to mature. This alcohol-free recipe however, can be made and used straight away and will keep in the refrigerator for up to a week.

INGREDIENTS	EQUIPMENT
250g cooking apples – prepared weight 100g unsalted butter 200g light soft brown sugar 250ml orange juice 1 level dessertspoon mixed spice ½ teaspoon ground cinnamon ½ teaspoon ground ginger pinch freshly grated nutmeg 200g sultanas 200g raisins – seedless 100g dried cranberries 100g mixed peel grated zest 1 orange	chopping board sharp knife saucepan wooden spoon zester 4 clean and dry jam jars with lids or cellophane seals

METHOD

1. Peel and finely dice the cooking apples.
2. Gently melt the butter with sugar, orange juice and spice in a large saucepan. Add the chopped apples and all remaining ingredients to the pan and bring it to the boil. Simmer the mincemeat with the pan lid on for 15 minutes.
3. Remove the pan lid, stir and then simmer for a further 10 - 15 minutes until the mincemeat has thickened and the apples are soft.
4. Carefully spoon the mincemeat into the clean jars, seal and allow to cool.
5. When completely cold, store the jars of mincemeat in the refrigerator for up to a week.

RECIPE NOTES AND TIPS

- The sugar and fat content of mincemeat is high – not something to eat everyday!
- Use this as a filling in baked apples or to make healthier mince pies with a filo pastry casing
- Take care when spooning the mincemeat into jars as the high sugar content makes it very sticky and hot

ALLERGY AWARE

This recipe contains:

- Milk (butter)
- Sulphur Dioxide (sultanas, raisins & cranberries)

Per heaped teaspoon (15g) serving

	ENERGY	
	225kJ / 53kcal	3%
MED	FAT	
	1.4g	2%
HIGH	SATURATES	
	0.8g	4%
HIGH	SUGARS	
	9.7g	11%
LOW	SALT	
	Trace	<1%

% of an adult's reference intake

Typical values per 100g : Energy 1500kJ / 356kcal

Focus on Food Cranberry & Orange Mincemeat

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (15g)
Energy	1500kJ / 356kcal	225kJ / 53kcal
Protein	1.4g	0.2g
Carbohydrate (of which sugars)	65.6g (64.4g)	9.8g (9.7g)
Fat (of which saturates)	9.1g (5.5g)	1.4g (0.8g)
Fibre	3.1g	0.5g
Salt	0.3g	Trace