

Orange Jam

Ingredients:

4 oranges

1 litre water

2 cups sugar

½ teaspoon cinnamon

Method:

1. Peel oranges making sure to remove the pith as well (the white part). Chop orange flesh into small pieces and throw away the seeds.
2. Combine orange and water in a medium sized pot and bring to the boil. Reduce heat and simmer for 20 minutes.
3. Add sugar and cinnamon, stir until dissolved. Boil un covered for a further 20 minutes.
4. Serve into 4 ramekins (be careful as it will be very hot!)