



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevaz Lezzetler® Turkish cooking recipes

Grapefruit Jam

Greyfurt Reeli



2 grapefruits
1 orange
5 cup granulated sugar
Juice of a lemon

- # Peel the grapefruits and orange.
- # Put too much water in a pot, when it boils, add the full grapes and oranges in it and boil for 10 minutes too. Drain the water. Repeat this step for 4 times.
- # After last draining wash the fruits with cold water.
- # Boil 5 cup granulated sugar and 2 cup water in another pot until it gets a low thickness. It is your syrup.
- # Cut the boiled fruits lengthwise and clean their pits and veins, and then chop the fruits however you want.
- # Add your chopped fruits in the syrup.
- # Boil for 25 minutes over medium heat. Add lemon juice and boil for 10 minutes too. Take from the stove.
- # Cool down your jam in the pot, and then put in clean jars. And store in a dark and dry place.

Note: Grapefruit never loses its bitter taste by boiling.