



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

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## Orange Peel Jam

Portakal Kabuğu Reçeli



5 oranges, medium size  
4 cup granulated sugar  
Juice of a lemon

- # Wash the oranges, squeeze them to get orange juice, and do not chuck out their rinds and dregs. (If they have seeds clean out.)
- # Dice the rinds finely.
- # Put so much water in a pot and boil, and then add the rinds in it. Drain after boiling for 10 minutes.
- # Fill water into the same pot again and boil the drained rinds for 10 minutes again. Repeat this act for about 3-4 times for getting the rinds bad taste away.
- # Put the orange juice and the diced rinds into another pot, and boil them for 45 minutes over low heat together.
- # Finally add lemon juice and boil for more 5 minutes, and then take form the stove.
- # Cover the lid and let it stand for cooling down, and then fill into the jars.

**Note:** There are some other ways for cooking this jam, but there is nearly no waste while cooking by this recipe.