

Rosella Jam No 1.

Remove the seeds, and just cover half of them with cold water.

Bring to the boil and boil covered for a full ½ hour.

Strain.

To this juice add Rosella Leaves, after washing and draining well. The Leaves must be barely covered with the juice.

Bring to the boil and boil 20 minutes.

Add 1 cup sugar to each cup of pulp.

Boil quickly 20 minutes or until it falls thickly from spoon when tested.

Never over boil as colour darkens.

Cool a little, and then pour into warm bottles. Seal down in airtight jars.