



Home Made Jelly

Jelly made out of arrowroot, perfect to serve with ice-cream! Vary the flavour to suit your tastes.

Ingredients

9 fl oz / 250 ml plus 1 tbsp water
2 tbsp caster sugar (or to taste)
2 drops of food colouring (optional - choose a colour to match your flavour)
pieces of fruit (optional) such as strawberries, banana, orange segments, grapes

A flavouring such as:

1 tsp lime juice
1 tsp lemon juice
1/2 tsp vanilla essence
1 tsp rosewater
1 tsp orange flower water

Herbs & Spices

2 tsp Arrowroot

Cooking Instructions

Mix the arrowroot with a tablespoon of cold water and stir well. Set aside. Bring rest of water to boil in a saucepan. Stir in the sugar until it has dissolved. Put the heat on low so the mixture is just simmering. Take your arrowroot mixture and stir again if it has separated at all, then add to the simmering water. Keep stirring whilst you do this, and continue stirring until the mixture thickens and becomes clear.

Add your flavouring and any colouring. Put any fruit that you are using into a jelly mould or glass dish / dishes and pour over the liquid jelly. Leave to set (best in fridge). Serve chilled.