



peach saffron preserves

Servings
3 pints

Prep Time
25 minutes

Cook Time
35 minutes

Kosher Key
Parve

Description

Step-by-step recipe for creating peach preserves with exotic saffron and a hint of cinnamon.

Ingredients

- 3 lbs peaches pitted and quartered
- 3/4 cup sugar or more to taste
- 4 tsp freshly squeezed lemon juice
- 1 tsp saffron threads be sure to use good quality saffron
- Pinch salt
- 1/8 tsp cinnamon

Recipe Notes

You will also need: Large saucepot, food mill

Instructions

1. Combine peaches, sugar, lemon juice, saffron threads and salt in a large sauce pot.
2. Cook over medium heat until boiling. Reduce heat to medium low and and cook for 30 minutes. Taste the mixture; add additional sugar to taste, if desired. Some peaches will be less sweet than others and require more sweetening, however don't add too much sugar or you'll overpower the subtle saffron flavor.
3. Remove from heat and process the mixture through a food mill. Be sure to turn the handle in both directions so that you get the most of out your fruit.
4. Return the mixture to the sauce pot and add cinnamon. Bring to a boil and cook for an additional 15 minutes.

- # Nutrition Facts
- Peach Saffron Preserves
- | Amount Per Serving | |
|--------------------------------|---------------------|
| Calories 372 | Calories from Fat 9 |
| %Daily Value* | |
| Total Fat 1g | 2% |
| Potassium 861mg | 25% |
| Total Carbohydrates 93g | 31% |
| Dietary Fiber 6g | 24% |
| Sugars 88g | |
| Protein 4g | 8% |
| Vitamin A | 29.6% |
| Vitamin C | 39.4% |
| Calcium | 2.7% |
| Iron | 6.3% |
- * Percent Daily Values are based on a 2000 calorie diet.