**Feijoa**

Early mornings have taken on that autumnal scent that always evokes a memory of field mushrooms plucked from the back paddock, pungent and earthy just waiting to be transformed into breakfast. Daylight saving has unceremoniously cast us into dark nights and winter vibes. Feijoas, quince, second crop raspberries, juicy plump figs and limes, the first of the citrus, are favourites of autumns bounty.

I adore Feijoas and am always curious when I encounter another person who is not keen on them. Personal preference is fine, but why people, why?

Feijoas lean into many things both sweet and savoury. Feijoa chutney is commonly made although I am not a fan of the dark thick variety that masks the feijoa’s bright flavour. I prefer a more salsa style. Raw feijoas peeled and diced, tossed with a little finely diced red onion, a splash of rice wine vinegar, salt, freshly ground white pepper, a squeeze of lime. Mint works well if you have it, as does coriander or flat leaf parsley.

The skins of the feijoa can be eaten however I save mine for flavouring vinegar or making cordial. They can be frozen and used when you have time.

Feijoa marmalade, made using whole feijoas is a treat in the middle of winter when apples and pears are losing their appeal. You can slice, dice or whiz in a food processor depending on the texture you prefer.

Julie

**Feijoa Marmalade**

1kg Feijoas weigh after top and tailing

150ml water

Juice of 2 limes or 1 lemon

800g sugar

* Dice the Feijoas and put into a heavy bottom wide pot with the water and bring to a simmer.
* Cover with a lid and simmer until the fruit is soft.
* Add the sugar and lime or lemon juice, stirring until dissolved, over a low heat.
* Once the sugar has completely dissolved, turn up the heat and bring to the boil and boil hard for 6 to 10 minutes.
* Stirring occasionally.
* Check it has reached setting point 104c on a sugar thermometer
* Pour into clean hot jars and seal immediately.