



### Rose petal jam

0,5 litre rose petals  
0,5 litre white sugar  
0,25 litre water  
Table spoon lemon juice  
Table spoon orange juice

- Bring all ingredients except rose petals to boiling point
- Turn fire very low
- Add rose petals
- Let simmer on low fire for half an hour

Take as dessert with Greek yoghurt

### Pumpkin and citrus fruit marmalade

2 kg of pumpkin  
juice and peel of 1 orange, 1 lemon, 1 lime  
1,5 kg of white sugar

- Clean the pumpkin of skin and seeds
- Grate pumpkin by hand or kitchen aid
- Add sugar and citrus fruit juice and peel
- Leave to stand overnight
- Put on a medium high fire the following morning and let it cook slowly for 2 hours
- Keep a close watch during the last 20 minutes to avoid burning
- Put into clean jars

